

Elements of Lifestyle**Appetite**

कर्बो



मीठ



भाज्या/फळे



जंक



तेल



गोड

**Lifestyle**

झोप



व्यायाम



जीवनशैली



ध्यान

**Substance**

धुम्रपान



तंबाखू



दारू



इतर

**Body Mass Index**

Oops! You are overweight! Your BMI score 25.54 is higher than the target range 21-24.9.

**Hip Waist Ratio**

Congratulations! You are normal. Your HW ratio is 0.90

**Weight**

Oops! Your weight is higher than normal! Your current weight 59 is higher than the target range 53-58 Kgs





Disease Specific Risks

Guidelines

Expert Notes