

Elements of Lifestyle**Appetite**

कर्बो



मीठ



भाज्या/फळे



जंक



तेल



गोड

**Lifestyle**

झोप



व्यायाम



जीवनशैली



ध्यान

**Substance**

धुम्रपान



तंबाखू



दारू



इतर

**Body Mass Index**

Congratulations! You are normal. Your BMI score 24.24 is within the target range 21-24.9.

**Hip Waist Ratio**

Congratulations! You are normal. Your HW ratio is 0.82

**Weight**

Congratulations! You have normal weight. Your current weight 56 kgs is within range of 53-58 Kgs.





Disease Specific Risks

Guidelines

Expert Notes