

**Elements of Lifestyle**
**Appetite**

Oil



Salt



Veggies/Fruit



Sweet



Junk food



Carb


**Lifestyle**

Lifestyle



Sleep



Meditation



Exercise


**Substance**

Smoking



Other Abuse



Tobacco



Alcohol


**Body Mass Index**


Ugh! You are underweight. Your BMI score 0.00 is very less than the target range 21-24.9.


**Hip Waist Ratio**


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.31 it should be below 1.0 and waist size to 28 inches


**Weight**


Ugh! You are underweight. Your current weight 0 kgs is less than the target range 49-54 Kgs



## Disease Specific Risks

Moderate Risk Areas

Osteoporosis

### Expert Notes