

**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 29.15 is higher than the target range 21-24.9.


**Hip Waist Ratio**


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.10 it should be below 1.0 and waist size to 28 inches


**Weight**


Oops! Your weight is higher than normal! Your current weight 63 is higher than the target range 49-54 Kgs





## Disease Specific Risks

**Guidelines**

**Expert Notes**