







Elements of Lifestyle

Appetite

कर्बो	मीठ	भाज्या/फळे	जंक	तेल	गोड
					

Lifestyle

झोप	व्यायाम	जीवनशैली	ध्यान
			

Substance

धुम्रपान	तंबाखू	दारू	इतर
			

Body Mass Index



Argh! You are obese. Your BMI score 33.14 is very high than the target range 21-24.9.



Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.08 it should be below 1.0 and waist size to 35 inches



Weight



Argh! Your weight is very high. Your current weight 105 kgs is very high than the target range 74-79 Kgs.





Disease Specific Risks

Guidelines

Expert Notes