

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 28.47 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 1.31 it should be below 1.0 and waist size to 28 inches


Weight


Oops! Your weight is higher than normal! Your current weight 68.4 is higher than the target range 55-60 Kgs





Disease Specific Risks

Guidelines

Expert Notes