

**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 29.86 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 1.09 it should be below 1.0 and waist size to 28 inches

**Weight**

Oops! Your weight is higher than normal! Your current weight 69 is higher than the target range 53-58 Kgs





## Disease Specific Risks

**Guidelines**

**Expert Notes**