

Elements of Lifestyle**Appetite**

कर्बो	मीठ	भाज्या/फळे	जंक	तेल	गोड
					

Lifestyle

झोप	व्यायाम	जीवनशैली	ध्यान
			

Substance

धुम्रपान	तंबाखू	दारू	इतर
			

Body Mass Index

Ugh! You are underweight. Your BMI score 20.24 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 1.03 it should be below 1.0 and waist size to 35 inches

**Weight**

Ugh! You are underweight. Your current weight 62 kgs is less than the target range 71-76 Kgs





Disease Specific Risks

Guidelines

Expert Notes