

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 32.69 is very high than the target range 21-24.9.

**Hip Waist Ratio**

Congratulations! You are normal. Your HW ratio is 0.84

**Weight**

Argh! Your weight is very high. Your current weight 89 kgs is very high than the target range 63-68 Kgs.





Disease Specific Risks

Guidelines

Expert Notes