

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 19.48 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 1.29 it should be below 1.0 and waist size to 28 inches


Weight


Ugh! You are underweight. Your current weight 45 kgs is less than the target range 53-58 Kgs





Disease Specific Risks

Guidelines

Expert Notes