

**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 28.40 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 1.07 it should be below 1.0 and waist size to 28 inches


**Weight**


Oops! Your weight is higher than normal! Your current weight 70 is higher than the target range 56-61 Kgs





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**