

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 25.56 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 1.39 it should be below 1.0 and waist size to 28 inches


Weight


Oops! Your weight is higher than normal! Your current weight 63 is higher than the target range 56-61 Kgs





Disease Specific Risks

Guidelines

Expert Notes