


**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 32.32 is very high than the target range 21-24.9.

**Hip Waist Ratio**

Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.18 it should be below 1.0 and waist size to 35 inches

**Weight**

Argh! Your weight is very high. Your current weight 88 kgs is very high than the target range 63-68 Kgs.





## Disease Specific Risks

**Guidelines**

**Expert Notes**