

Elements of Lifestyle
Appetite

| | | | | | |
|---|---|---|---|---|---|
| कर्बो | मीठ | भाज्या/फळे | जंक | तेल | गोड |
|  |  |  |  |  |  |

Lifestyle

| | | | |
|---|---|---|---|
| झोप | व्यायाम | जीवनशैली | ध्यान |
|  |  |  |  |

Substance

| | | | |
|---|---|---|---|
| धुम्रपान | तंबाखू | दारू | इतर |
|  |  |  |  |

Body Mass Index


Congratulations! You are normal. Your BMI score 24.68 is within the target range 21-24.9.


Hip Waist Ratio


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.27 it should be below 1.0 and waist size to 28 inches


Weight


Congratulations! You have normal weight. Your current weight 51.9 kgs is within range of 47-52 Kgs.





Disease Specific Risks

Guidelines

Expert Notes