







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 23.81 is within the target range 21-24.9.


Hip Waist Ratio


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.18 it should be below 1.0 and waist size to 28 inches


Weight


Congratulations! You have normal weight. Your current weight 55.0 kgs is within range of 53-58 Kgs.





Disease Specific Risks

Guidelines

Expert Notes