

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 26.09 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 1.21 it should be below 1.0 and waist size to 28 inches

**Weight**

Oops! Your weight is higher than normal! Your current weight 64.3 is higher than the target range 56-61 Kgs





Disease Specific Risks

Guidelines

Expert Notes