







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 35.63 is very high than the target range 21-24.9.

**Hip Waist Ratio**

Congratulations! You are normal. Your HW ratio is 0.91

**Weight**

Argh! Your weight is very high. Your current weight 97 kgs is very high than the target range 63-68 Kgs.





Disease Specific Risks

Guidelines

Expert Notes