







Elements of Lifestyle
Appetite

Carb	Salt	Veggies/Fruit	Junk	Oil	Sweet
					

Lifestyle

Sleep	Exercise	Lifestyle	Meditation
			

Substance

Smoking	Tobacco	Alcohol	Other
			

Body Mass Index


Argh! You are obese. Your BMI score 31.22 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 1.14 it should be below 1.0 and waist size to 35 inches


Weight


Argh! Your weight is very high. Your current weight 85 kgs is very high than the target range 63-68 Kgs.





Disease Specific Risks

Guidelines

Expert Notes