

Elements of Lifestyle
Appetite

कर्बो	मीठ	भाज्या/फळे	जंक	तेल	गोड
					

Lifestyle

झोप	व्यायाम	जीवनशैली
		

Substance

धुम्रपान	तंबाखू	दारू	इतर
			

Body Mass Index


Oops! You are overweight! Your BMI score 27.55 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 2.94 it should be below 1.0 and waist size to 28 inches


Weight


Oops! Your weight is higher than normal! Your current weight 48 is higher than the target range 38-43 Kgs





Disease Specific Risks

Guidelines

Expert Notes