

Elements of Lifestyle**Appetite**

कर्बो



मीठ



भाज्या/फळे



जंक



तेल



गोड

**Lifestyle**

झोप



व्यायाम



जीवनशैली



ध्यान

**Substance**

धुम्रपान



तंबाखू



दारू



इतर

**Body Mass Index**

Ugh! You are underweight. Your BMI score 19.59 is very less than the target range 21-24.9.

**Hip Waist Ratio**

Congratulations! You are normal. Your HW ratio is 0.79

**Weight**

Ugh! You are underweight. Your current weight 60 kgs is less than the target range 71-76 Kgs





Disease Specific Risks

Guidelines

Expert Notes