

## Elements of Lifestyle

### Appetite

Junk food



Oil



Sweet



Veggies/Fruit



Carb



Salt



### Lifestyle

Meditation



Lifestyle



Exercise



Sleep



### Substance

Other Abuse



Alcohol



Tobacco



Smoking



## Body Mass Index



Oops! You are overweight! Your BMI score 24.97 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 1.13 it should be below 1.0 and waist size to 28 inches



## Weight



Oops! Your weight is higher than normal! Your current weight 60 is higher than the target range 55-60 Kgs



## Disease Specific Risks

### Moderate Risk Areas

Thyroid disease

Osteoporsis

Arthritis

Breast Cancer

Cervical Cancer

### Expert Notes

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