

Elements of Lifestyle

Appetite

Oil



Sweet



Veggies/Fruit



Carb



Salt



Junk food



Lifestyle

Lifestyle



Exercise



Sleep



Meditation



Substance

Alcohol



Tobacco



Smoking



Other Abuse



Body Mass Index



Oops! You are overweight! Your BMI score 26.67 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 1.04 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 51-56 Kgs



Disease Specific Risks

Moderate Risk Areas

Thyroid disease

Skin Disease

Osteoporsis

Arthritis

Breast Cancer