

### Elements of Lifestyle

#### Appetite

Junk food



Sweet



Veggies/Fruit



Oil



Salt



Carb



#### Lifestyle

Lifestyle



Exercise



Meditation



Sleep



#### Substance

Alcohol



Tobacco



Smoking



Other Abuse



### Body Mass Index



Congratulations! You are normal. Your BMI score 24.80 is within the target range 21-24.9.



### Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.00 it should be below 1.0 and waist size to 35 inches



### Weight



Congratulations! You have normal weight. Your current weight 70 kgs is within range of 65-70 Kgs



## Disease Specific Risks

### High Risks

Oral Cancer

### Moderate Risk Areas

High blood pressure

Stroke

High blood cholesterol

Allergies

Asthma

Skin Disease

Chronic liver disease

Osteoporosis

Glaucoma

retinal disease (eye)

Lung Cancer

Colorectal Cancer

## Expert Notes