

## Elements of Lifestyle

### Appetite

Carb



Salt



Junk food



Oil



Sweet



Veggies/Fruit



### Lifestyle

Sleep



Meditation



Lifestyle



Exercise



### Substance

Tobacco



Smoking



Other Abuse



Alcohol



## Body Mass Index



Oops! You are overweight! Your BMI score 25.97 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 NaN it should be below 1.0 and waist size to 35 inches



## Weight



Oops! Your weight is higher than normal! Your current weight 60 Kgs is higher than the target range 53-58 Kgs



## Disease Specific Risks

Moderate Risk Areas

Obstructive sleep apnea