


Your BMI : 19.0 -- Normal weight

You Have Normal Weight

 **Profile:** Typically active individuals maintaining a balanced diet and lifestyle. Body proportions are generally healthy and well-maintained.

Advice for Normal Weight

Trusted Advices for You

Diet & Nutrition

- Maintain a balanced diet: fruits, vegetables, whole grains, and lean proteins.
- Limit added sugars, excessive fats, and processed foods.
- Stay hydrated with 2–3 liters of water daily.
- Control salt intake to prevent blood pressure rise.

Monitor Health

- Monitor weight monthly to catch early fluctuations.
- Get annual health checkups for cholesterol, glucose, and BP.
- Watch for symptoms of nutritional deficiencies.

Lifestyle

- Exercise regularly (e.g., 30 mins brisk walk or cycling).
- Avoid sedentary habits (limit screen time, move every hour).
- Maintain a regular sleep schedule (7–9 hours/day).