


# Your BMI : 30.9 -- Obesity

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## You Are in the Obese Range

 **Profile:** Often linked to prolonged unhealthy eating habits, low physical activity, or hormonal issues. Higher risk of lifestyle-related diseases like diabetes or hypertension.

## Advice for Obesity

### Trusted Advices for You

#### Diet & Nutrition

- Follow a calorie-restricted, medically guided diet plan.
- Avoid sugary, fried, and ultra-processed foods.
- Increase intake of high-fiber, low-calorie foods.
- Avoid high-sugar fruits and sweetened beverages.
- Seek help from a dietitian for personalized meal planning.

#### Monitor Health

- Regularly monitor blood pressure, blood sugar, and cholesterol.
- Track weight weekly and consult a healthcare provider.
- Undergo full metabolic panel every 6–12 months.

#### Lifestyle

- Engage in low-impact but consistent physical activity (walking, aqua aerobics).
- Prioritize sleep and stress management.
- Avoid alcohol and quit smoking immediately.
- Join support groups or behavioral counseling for motivation.