


# Your BMI : 23.1 -- Normal weight

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## 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).