


Your BMI : 25.2 -- Overweight

You Are Overweight

 **Profile:** Common among individuals with sedentary habits, high calorie intake, or irregular exercise. May have visible fat accumulation in the belly or thighs.

Advice for Overweight

Trusted Advices for You

Diet & Nutrition

- Reduce calorie intake with portion control.
- Eat high-fiber foods (vegetables, fruits, whole grains).
- Avoid sugary drinks, deep-fried items, and junk food.
- Prefer grilled or baked over fried foods.
- Reduce snacking and late-night eating.

Monitor Health

- Check blood pressure and blood sugar regularly.
- Monitor weight weekly and set achievable goals.
- Get medical advice before starting any intensive diet.

Lifestyle

- Exercise 4–5 times/week (walking, cardio, yoga).
- Increase daily activity (take stairs, walk short distances).
- Avoid smoking and excessive alcohol.
- Manage stress with mindfulness or breathing exercises.