

# DRAWINGS FIG.11

3:08 | 0.7KB/s | [Bluetooth] [Wi-Fi] [84]

### Available data

|                    |                |   |
|--------------------|----------------|---|
| Waist              | 82.0 cm        | > |
| Weight             | 70.0 kg        | > |
| Current heart rate | 61 bpm         | > |
| Glucose            | 4.0 mmole/l    | > |
| Cholesterol        | 3.5 mmole/l    | > |
| Wrist              | 18.5 cm        | > |
| Height             | 175.0 cm       | > |
| Blood pressure     | 110 / 70 mm Hg | > |
| Hip                | 101.0 cm       | > |

Home Profile

3:09 | 3.6KB/s | [Bluetooth] [Wi-Fi] [84]

### Health parameters

Username Lastname [Profile Icon]

### Favorites

Edit

|                           |             |
|---------------------------|-------------|
| * Common Risk Level       | 08.05 03:09 |
| medium                    |             |
| 📌 BMI (Kettle Index)      | 08.05 03:09 |
| 22.9                      |             |
| ★ Obesity Level           | 08.05 03:09 |
| Normal (healthy weight)   |             |
| 🕒 Ideal Weight            | 08.05 03:09 |
| 73.1                      |             |
| 🔄 Base Metabolism         | 08.05 03:09 |
| 2042                      |             |
| 📏 Waist To Hip Proportion | 08.05 03:09 |
| 0.812                     |             |
| 🕒 Bio Age                 | 08.05 03:09 |
| 30                        |             |

Home Profile

# DRAWINGS FIG. 15

12:32 PM | 3.8KB/s | [Bluetooth] [Wi-Fi] [89]

|   |  |
|---|--|
| Obesity increases Gallbladder cancer level by 1.54 times.               | Obesity increases Rectum cancer level by 1.54 times.   |
| Obesity increases Multiple myeloma cancer level by 1.69 times.          | Obesity increases Malignant melanoma cancer level by 2.19 times.                                     |
| Obesity increases Liver cancer level by 2.93 times.                     | Obesity increases Renal cancer level by 2.93 times.  |
| Obesity increases Colon cancer level by 2.93 times.                     | Obesity increases Thyroid cancer level by 4.16 times.  |
| Obesity increases Esophageal adenocarcinoma cancer level by 8.11 times. | Obesity increases stroke risk by 1.64 times.   |
| Obesity increases diabetes risk by 5 times.                             | The probability of serious consequences associated with cardiovascular disease in the next 10 years. |
|   | 0.0%   |

### Common recommendations

**Walk more than 8000 steps per day.**  
Walk more than 8000 steps per day is very important, it can improve health level and low weight and diseases risks.

**Low your weight.**  
Body mass index should be from 18.5 to 24.9. Visit your doctor.

Home Profile