♦ Avoid mobile phone using minimum 60 minutes after returning at home from workplace.
♦ Regular maintain any particular exercise.

MEASUREMENT OF IDEAL BODY WEIGHT:
There are many formulas to measure ideal body weight. I’m sharing some of the measurement theories:

Devine formula
The Devine formula for calculating ideal body weight in adults is as follows
Male ideal body weight = 50 kilograms (110 lb) + 0.9 kilograms (2.0 lb) × (height (cm) – 152)
Female ideal body weight = 45.5 kilograms (100 lb) + 0.9 kilograms (2.0 lb) × (height (cm) – 152)

Hamwi method
The Hamwi method is used to calculate the ideal body weight of the general adult
Male ideal body weight = 48 kilograms (106 lb) + 1.1 kilograms (2.4 lb) × (height / cm – 152)
Female ideal body weight = 45.4 kilograms (100 lb) + 0.9 kilograms (2.0 lb) × (height / cm – 152)

CONTROL YOUR BODY WEIGHT:
Body Mass Index (BMI) is a person’s weight in kilograms divided by the square of height in meters. A high BMI can be an indicator of high body fatness. BMI can be used to screen for weight categories that may lead to health problems but it is not diagnostic of the body fatness or health of an individual.

CALCULATE YOUR BMI TODAY & TAKE NECESSARY STEPS & BE HAPPY:
Click the link