Predicting Heart Diseases

EMPATHY MAP:

SAYS

I'll do master health To prevent attacks.

Health is wealth

I Will be energetic And happy.

I have to set my limits.

Being optimistic

THINKS

Be happy

Ability to cope With the situation

Evaluating health Priorly.

Planning properly intelligence

Emotional

DOES

Make inventory. Drink lot of Water.

Exercise Regularly.

Walking is must.

Eat healthy food.

Count Calories.

Regular Check up

Eating on time

FEELS

Frustrated

Responsible

Loneliness