Cardio Disease Prediction Report

Prediction: Low Risk

Health Tips:

- Quit smoking. This is the single most important thing you can do to improve your heart health immediately. Smoking damages blood vessels, increases blood pressure, and makes blood more likely to clot, all of which significantly raise your risk of heart disease.
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- Moderate your alcohol consumption. While some studies suggest potential benefits of moderate alcohol intake, excessive drinking can harm your heart. Stick to no more than two drinks per day, and consider reducing that further given that you also smoke.
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- Continue to be physically active. You're already active, which is great! Aim for at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity exercise per week. This helps maintain a healthy weight, lowers blood pressure, and improves cholesterol levels. You can incorporate activities you enjoy, like running, swimming, or cycling.