

Personalized Health Report

A user has the following health details:

- Age: 25.0
- Weight: 70.0 kg
- Systolic Blood Pressure: 80.0
- Diastolic Blood Pressure: 120.0
- Cholesterol level: 1
- Glucose level: 2

The user's cardiovascular risk prediction is: 1 (0 means low risk, 1 means high risk).

Based on this information, please provide a detailed health report, including:

- An assessment of the user's cardiovascular health
- Recommended lifestyle changes
- Dietary suggestions
- Any additional medical advice

Please ensure the report is well-structured and easy to understand.

over both both both only one one over only only over only one over both only only both only both
both still only one both both one one only both still both both over only over over both still one one
both only had only both over over still both only over both one only one only only only had had only
had both both had only only still both over both over had both only still only onlyone over only now
over only still had both still she only one still only both one over over a both only now only