

**Congratulations, You show no signs of suffering from any kind of Heart Disease**

### **No stroke**

You show no symptoms of suffering from stroke. We recommend you to follow you daily routine and lead a healthier life.

## Happyyy

You are leading a stress free life and we encourage you to live so and help others to live happily

In the mean time You can follow certain activities to ensure a better and healthy mind.

- Listen to Music
- Exercise regularly
- Help Others
- Meditate

## You have Diabetes

### 1. Lose extra weight

Set a weight-loss goal based on your current body weight. Talk to your doctor about reasonable short-term goals and expectations, such as a losing 1 to 2 pounds a week.

### 2. Be more physically active

There are many benefits to regular physical activity. Exercise can help you:

- Lose weight
- Lower your blood sugar
- Boost your sensitivity to insulin — which helps keep your blood sugar within a normal range

### 3. Eat healthy plant foods

Plants provide vitamins, minerals and carbohydrates in your diet. Carbohydrates include sugars and starches — the energy sources for your body — and fiber. Dietary fiber, also known as roughage or bulk, is the part of plant foods your body can't digest or absorb.

### 4. Eat healthy fats

Fatty foods are high in calories and should be eaten in moderation. To help lose and manage weight, your diet should include a variety of foods with unsaturated fats, sometimes called "good fats."

### 5. Skip fad diets and make healthier choices

Many fad diets — such as the glycemic index, paleo or keto diets — may help you lose weight. There is little research, however, about the long-term benefits of these diets or their benefit in preventing diabetes.

Your dietary goal should be to lose weight and then maintain a healthier weight moving forward. Healthy dietary decisions, therefore, need to include a strategy that you can maintain as a lifelong habit. Making healthy decisions that reflect some of your own preferences for food and traditions may be beneficial for you over time.

in kilometers

**Sedentary Minutes**

light workout minutes

**Weight**

in kg

**Heart Rate**

per minute

**Total Sleep**

in hours

**Calories**

**BMI**

**Average Intensity**

Diagnose

You need to maintain a good diet