

Basic Details:

Name: Akash

Age: 20

Gender : Male

DOB : 27/07/2002

Overall Mood

Hey your overall mood was neutral

Suggested activity on Your mood

1. Take a brisk walk or jog for 30 minutes a day. 2. Try some basic strength training like squats, push-ups, or plank exercises. 3. Go for a swim, or take a yoga or spin class. 4. Try high-intensity interval training (HIIT) for a quick but intense workout. 5. Take an outdoor group fitness class like kickboxing or boot camp. 6. Participate in an at