

Basic Details:

Name: Sachin Jangid

Age: 22

Gender : Male

DOB : 27/07/2002

Overall Mood

Hey your overall mood was positive

Suggested activity on Your mood

Good exercise suggestions include cardiovascular activities such as running, brisk walking, Cycling, swimming, and any type of aerobic exercise. Resistance training with weights or bodyweight exercises such as squats, pushups, and burpees are also great options. Additionally, activities such as yoga and Pilates are great for building strength, increasing flexibility, and getting a good stretch.