

Basic Details:

Name: Akshay Sharma

Age: 22

Gender : Male

DOB : 27/07/2002

Overall Mood

Hey your overall mood was neutral

Suggested activity on Your mood

Yes! Exercise is a great way to help you stay positive and keep a healthy lifestyle. Here is a list of exercises you can do to help keep your mind and body happy: 1. Walking 2. Jogging 3. Cycling 4. Swimming 5. Yoga 6. Pilates 7. Strength training 8. Dancing 9. High-intensity interval training (HIIT) 10.