

## Basic Details:

Name: Suraj

Age: 23

Gender : Male

DOB : 27/07/2002

## Overall Mood

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Hey your overall mood was neutral

## Suggested activity on Your mood

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Yes! Exercise can help you feel more energized, positive and mentally balanced. Here are some good exercises to get you started: 1. Yoga: Yoga can help you to reduce stress, relax your mind and improve your concentration levels. 2. Strength Training: This type of exercise builds muscle, bone density, and improves flexibility and strength. 3. Cardiovascular Exercise: Cardio is great for providing your body with the necessary energy to help you maintain a positive attitude.