

## 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 is a great way to stay positive and increase energy levels. Here are some good exercises to try: • Walking - Whether it's a leisurely stroll or a brisk jog, walking is a great way to improve your mood, get your heart pumping, and get the blood flowing. • Running - Running offers many benefits, like calorie burning and endorphin-releasing. • Yoga - Yoga combines physical postures, breathing exercises,