

Your Personalized Wellness Plan

User ID: default

Mood: Sad

Diet Recommendations:

Drink water

Limit sugar

Eat whole foods

Balanced meals

Fruits and veggies

Avoid processed snacks

Small frequent meals

Avoid caffeine overload

Incorporate healthy fats like nuts and seeds

Practice mindful eating

Exercise Suggestions:

Light yoga

Stretching

Walking after meals

5-minute morning warmups

Desk mobility exercises

Stair climbing at home

Foam rolling and recovery

Short evening strolls

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Gentle arm and leg circles

Toe touches and spinal twists