

Health Report

Name: Aditya
User ID: b714354e-e59b-4e16-8f97-894e3cd2ebcd
Age: 22
Gender: Male

Average Health Metrics

Restingbp: 72.5
Serumcholesterol: 97.3
Fastingbloodsugar: 0.5
Maxheartrate: 120.3
Oldpeak: 3.4
Noofmajorvessels: 2.1

Overall Risk Evaluation

Average Risk Score: 0.52

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AI-Based Health Recommendations

- ### 1. Daily Calorie & Macro Targets
 - **Calorie Target:**
 - Based on your age, gender, height, weight, and activity level (assuming moderate activity), your estimated daily calorie needs are around **2,200 - 2,400 calories** to maintain your current weight. However, since your risk score suggests room for improvement, we will aim for a slight calorie deficit to optimize your health and body composition.
 - **Adjusted Calorie Target:**
 - 2,000 - 2,200 calories per day**
 - **Macronutrient Breakdown:**
 - **Protein:** 20-25% of total calories (100-140 grams per day)
 - *Rationale: Supports muscle repair and growth, especially important with exercise.*
 - **Carbohydrates:** 45-50% of total calories (225-275 grams per day)
 - *Rationale: Provides energy for daily activities and exercise. Focus on complex carbs.*

- - **Fat:** 25-30% of total calories (55-75 grams per day)
- **Rationale:** Essential for hormone production and overall health. Choose healthy fats.*
- **2. Sample Diet Plan**
- **Breakfast (500-600 calories):**
 - - 2 scrambled eggs (140 calories, 12g protein)
 - - 1 slice whole-grain toast (100 calories, 4g protein)
 - - 1 medium banana (105 calories)
 - - 1 cup spinach (7 calories)
 - - 1 tbsp olive oil (120 calories, healthy fat)
 - - 1 cup low-fat milk (100 calories, 8g protein)
- **Mid-Morning Snack (200-250 calories):**
 - - 1 small apple (95 calories)
 - - 1 oz almonds (160 calories, 6g protein, healthy fat)
- **Lunch (500-600 calories):**
 - - Grilled chicken breast (3 oz, 140 calories, 26g protein)
 - - 1 cup brown rice (220 calories, 5g protein)
 - - 1 cup steamed broccoli (55 calories)
 - - 1 small avocado (240 calories, healthy fat)
- **Afternoon Snack (200-250 calories):**
 - - Greek yogurt (6 oz, 100 calories, 17g protein)
 - - 1 cup mixed berries (80 calories)
 - - 1 tbsp honey (60 calories)
- **Dinner (500-600 calories):**
 - - Baked salmon (4 oz, 280 calories, 25g protein, healthy fat)
 - - 1 medium baked sweet potato (100 calories)
 - - 1 cup sautéed mixed vegetables (100 calories)
 - - Side salad with 1 tbsp vinaigrette (50 calories)
- **Evening Snack (optional, 100-150 calories):**
 - - 1 cup low-fat cottage cheese (160 calories, 28g protein)

- - *or* 1 small pear (100 calories)
- ### 3. Weekly Exercise Plan
- **Cardio:**
 - Aim for at least **150 minutes of moderate-intensity cardio per week** (e.g., brisk walking, cycling, swimming).
 - - Example: 30 minutes, 5 days a week.
- **Strength Training:**
 - Aim for **2-3 full-body strength training sessions per week**, focusing on compound movements (e.g., squats, deadlifts, bench press, rows).
 - - Include 2-3 sets of 8-12 reps per exercise.
- **Sample Weekly Plan:**
 - - **Monday:** 30-minute jog + Full-body strength training
 - - **Tuesday:** 30-minute brisk walk
 - - **Wednesday:** Rest or light yoga/stretching
 - - **Thursday:** 30-minute cycling + Full-body strength training
 - - **Friday:** 30-minute swim
 - - **Saturday:** 30-minute hike or sports
 - - **Sunday:** Rest or light yoga/stretching
- ### 4. Lifestyle Recommendations
 - - **Alcohol:** Limit to no more than **1 drink per day** (if consumed). Ideally, avoid excessive or binge drinking.
 - - **Smoking:** If you smoke, seek help to quit immediately. Smoking significantly increases cardiovascular risk.
 - - **Sleep:** Aim for **7-9 hours of quality sleep per night**. Maintain a consistent sleep schedule.
 - - **Stress Management:** Practice relaxation techniques like meditation, deep breathing, or hobbies to reduce stress.
 - - **Hydration:** Drink at least **2-3 liters of water per day**.
 - - **Regular Check-ups:** Monitor your blood pressure, cholesterol, and fasting blood sugar regularly with your doctor.
- ### 5. Daily Goals Checklist

- - [] Consume 2,000-2,200 calories with balanced macros.
- - [] Complete 30 minutes of cardio (e.g., jog, walk, cycle).
- - [] Strength train (2-3 times per week).
- - [] Drink 2-3 liters of water.
- - [] Sleep 7-9 hours.
- - [] Avoid smoking and limit alcohol.
- - [] Take time to relax and manage stress.
- *Note: Adjust your calorie and exercise targets based on your progress and consult a
- healthcare professional before making significant changes to your diet or exercise
- routine.*