

Health Report

Name: demo
User ID: 94dacbf3-7435-4f7b-931a-d260d0830be0
Age: 55
Gender: Male

Average Health Metrics

Restingbp: 85.0
Serumcholesterol: 170.0
Fastingbloodsugar: 0.0
Maxheartrate: 90.0
Oldpeak: 1.4
Noofmajorvessels: 1.0

Overall Risk Evaluation

Average Risk Score: 0.6

Report generated at: 2025-05-04 09:07:44.215768

AI-Based Health Recommendations

- ### 1. Daily Calorie & Macro Targets
 - **Calories:**
 - Based on your age, gender, height, weight, and activity level, your estimated daily calorie needs are around **2,000 calories** to maintain your current weight. To improve heart health and reduce risk factors, a slight reduction to **1,800 calories** per day is recommended for gradual weight management if needed.
 - **Macronutrients:**
 - - **Protein:** 90 grams (20% of total calories)
 - - **Carbohydrates:** 225 grams (50% of total calories)
 - - **Fat:** 70 grams (30% of total calories)
 - Note: Emphasize complex carbohydrates, lean proteins, and healthy fats.
- ### 2. Sample Diet Plan
 - **Breakfast:**
 - - Oatmeal (1/2 cup dry oats) with 1 tablespoon of chia seeds and 1 cup of mixed berries.

- - 1 boiled egg.
- - Black coffee or green tea.
- ****Mid-Morning Snack:****
- - 1 medium apple with 1 tablespoon of almond butter.
- ****Lunch:****
- - Grilled chicken breast (100g) with quinoa (1/2 cup cooked) and steamed broccoli (1 cup).
- - Mixed green salad (1 cup) with olive oil and lemon dressing.
- ****Afternoon Snack:****
- - Greek yogurt (1 cup) with a handful of walnuts (10g).
- ****Dinner:****
- - Baked salmon (100g) with sweet potato (1 medium) and sautéed spinach (1 cup).
- - Side of roasted carrots (1/2 cup).
- ****Evening Snack (optional):****
- - A small handful of almonds (20g).
- **### 3. Weekly Exercise Plan**
- ****Cardio (3-4 times per week):****
- - Brisk walking, cycling, or swimming for 30-45 minutes.
- - Aim for a moderate intensity where you can talk but not sing.
- ****Strength Training (2-3 times per week):****
- - Focus on major muscle groups. Examples:
- - Squats: 2 sets of 10-12 reps.
- - Push-ups (modified if needed): 2 sets of 8-10 reps.
- - Dumbbell rows: 2 sets of 10-12 reps per arm.
- - Plank: Hold for 20-30 seconds, 2 sets.
- - Lunges: 2 sets of 10 reps per leg.
- ****Flexibility (Daily):****
- - Gentle stretching or yoga for 10-15 minutes.
- **### 4. Lifestyle Recommendations**
- ****Alcohol:****

- - Limit alcohol to no more than 1 drink per day (e.g., 1 glass of wine or 1 beer).
- ****Smoking:****
- - If you smoke, seek support to quit. Smoking is a major risk factor for heart disease.
- ****Sleep:****
- - Aim for 7-8 hours of quality sleep per night. Maintain a regular sleep schedule and
- create a restful environment.
- ****Stress Management:****
- - Practice relaxation techniques such as deep breathing, meditation, or mindfulness for at
- least 10 minutes daily.
- ****Regular Check-ups:****
- - Monitor blood pressure, cholesterol, and fasting blood sugar regularly. Follow up with
- your doctor as needed.
- **### 5. Daily Goals Checklist**
- - ☐ Consume 1,800 calories with balanced macronutrients.
- - ☐ Drink at least 8 cups of water.
- - ☐ Complete 30 minutes of physical activity (cardio, strength, or flexibility).
- - ☐ Eat 5 servings of fruits and vegetables.
- - ☐ Get 7-8 hours of sleep.
- - ☐ Practice stress management for 10 minutes.
- - ☐ Take medications as prescribed (if applicable).
- - ☐ Avoid smoking and limit alcohol to 1 drink or less.
- This plan is designed to support your heart health and overall well-being. Adjust as
- needed and consult with your healthcare provider before making significant changes.