

Health Report

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

Average Health Metrics

Restingbp: 60.7
Serumcholesterol: 81.5
Fastingbloodsugar: 0.7
Maxheartrate: 100.6
Oldpeak: 3.8
Noofmajorvessels: 2.1

Overall Risk Evaluation

Average Risk Score: 0.46

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AI-Based Health Recommendations

- ### 1. Daily Calorie & Macro Targets
 - **Calorie Intake:**
 - - **Maintenance Calories:** ~2,000 calories per day (estimated based on age, gender, height, weight, and activity level).
 - - **Goal:** Since your weight is within a healthy range (BMI ~20.2), focus on maintaining or slightly increasing muscle mass with a balanced diet and exercise.
 - **Macronutrient Breakdown:**
 - - **Protein:** 20% of calories (~100 grams/day)
 - - Supports muscle repair and growth.
 - - **Carbohydrates:** 50% of calories (~250 grams/day)
 - - Provides energy for daily activities and workouts.
 - - **Fats:** 30% of calories (~67 grams/day)
 - - Essential for hormone production and overall health.

- ### 2. Sample Diet Plan

- **Breakfast:**

- - 2 scrambled eggs (140 calories, 12g protein, 1g carbs, 10g fat)
- - 1 slice whole-grain toast (70 calories, 3g protein, 12g carbs, 1g fat)
- - 1 medium banana (105 calories, 1g protein, 27g carbs, 0g fat)
- - 1 cup of low-fat milk (100 calories, 8g protein, 12g carbs, 2g fat)

- **Lunch:**

- - Grilled chicken breast (120g) (200 calories, 36g protein, 0g carbs, 4g fat)
- - 1 cup cooked brown rice (220 calories, 5g protein, 45g carbs, 2g fat)
- - 1 cup steamed broccoli (55 calories, 4g protein, 11g carbs, 0g fat)
- - 1 tablespoon olive oil (120 calories, 0g protein, 0g carbs, 14g fat)

- **Snack:**

- - Greek yogurt (150g) (100 calories, 10g protein, 6g carbs, 3g fat)
- - 1 small apple (80 calories, 0g protein, 22g carbs, 0g fat)

- **Dinner:**

- - Baked salmon (150g) (280 calories, 30g protein, 0g carbs, 16g fat)
- - 1 medium baked sweet potato (100 calories, 2g protein, 23g carbs, 0g fat)
- - 1 cup mixed salad greens with 1 tablespoon vinaigrette (100 calories, 1g protein, 3g carbs, 9g fat)

- **Total:** ~2,000 calories, 112g protein, 162g carbs, 61g fat (adjust portions to meet exact targets).

- ### 3. Weekly Exercise Plan

- **Cardio:**

- - **3 days per week:** Moderate-intensity cardio (e.g., brisk walking, cycling, swimming) for 30-45 minutes.
- - Helps improve cardiovascular health and manage resting BP (60.7 mmHg is excellent).

- **Strength Training:**

- - **3 days per week:** Full-body resistance training (e.g., squats, push-ups, rows, lunges, planks).
- - Focus on compound movements to build muscle and improve overall fitness.

- - Start with light weights or bodyweight and gradually increase intensity.
- ****Flexibility & Recovery:****
 - - ****2 days per week:**** Stretching or yoga for 20-30 minutes to improve flexibility and reduce muscle soreness.
- **### 4. Lifestyle Recommendations**
 - ****Alcohol:****
 - - Limit alcohol intake to no more than 1-2 drinks per week or avoid altogether to support heart health.
 - ****Smoking:****
 - - If you smoke, seek help to quit immediately. Smoking is a major risk factor for cardiovascular disease.
 - ****Sleep:****
 - - Aim for 7-9 hours of quality sleep per night to support recovery and overall health.
 - ****Stress Management:****
 - - Practice stress-reducing activities like meditation, deep breathing, or hobbies to manage stress levels.
- **### 5. Daily Goals Checklist**
 - - [] Consume ~2,000 calories with balanced macros.
 - - [] Drink at least 2 liters of water.
 - - [] Complete scheduled workout (cardio or strength training).
 - - [] Get 7-9 hours of sleep.
 - - [] Avoid smoking and limit alcohol.
 - - [] Take time to relax and manage stress.
- **### Notes:**
 - - Your resting BP (60.7 mmHg) is on the lower side, which is generally healthy but ensure you're not experiencing symptoms like dizziness. Consult a doctor if concerned.
 - - Your cholesterol (81.5 mg/dL) is very low, which is uncommon. Confirm with a doctor if this is accurate or if there are underlying conditions.
 - - Fasting blood sugar (0.7 mmol/L or ~12.6 mg/dL) is extremely low and potentially life-threatening. Please verify this value with a healthcare professional immediately. Normal fasting blood sugar is typically 70-100 mg/dL (3.9-5.6 mmol/L).