Enter your age: 28

Enter your fitness level (beginner, intermediate, advanced): beginner

Enter your goal (weight loss, muscle gain, general fitness): weight loss

Enter your gender (male, female): male

Based on your input:

- Age: 28

- Fitness Level: beginner

- Goal: Weight Loss

- Gender: Male

Recommendations:

- To achieve your weight loss goal, incorporate both cardiovascular exercises (such as running, cycling, or swimming) and strength training into your routine.

- Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week, combined with muscle-strengthening activities on two or more days a week.

- Pay attention to your diet, focusing on reducing caloric intake while ensuring you consume a balanced diet rich in nutrients.

- Suggested Target Weight Loss: 4.14 kg

- Suggested Target Belly Measurement: 82.56 cm