Enter your age: 45

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

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

Enter your gender (male, female): FEMALE

Based on your input:

- Age: 45

- Fitness Level: beginner

- Goal: General Fitness

- Gender: Female

Recommendations:

- Maintain a balanced routine that includes a mix of cardiovascular exercises, strength training, and flexibility workouts.

- 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.

- Ensure your diet is balanced and nutritious to support your overall fitness and health.

- Regularly assess and adjust your routine to keep challenging your body and avoiding plateaus.