Patient Health Report:

Risk Predictions:

- Heart Disease: High

- Obesity: Low

Key Risk Factors:

trestbps, age

Patient Profile:

age	63
sex	female
cp	atypical
trestbps	95
chol	158
fbs	1
restecg	normal
thalach	174
exang	0
gender	male
height	1.68
weight	78.5
calorie_intake	3005
physical_activity_level	high
smoking	0

alcohol_consumption   high

family_history_obesity   1

Advice:

Based on the risks and health factors above, write a personalized health improvement plan.