Patient Health Report:

Risk Predictions:

- Heart Disease: Low

- Obesity: Low

Key Risk Factors:

age, trestbps

Patient Profile:

age	38
sex	female
cp	non-anginal
trestbps	158
chol	343
fbs	1
restecg	normal
thalach	112
exang	1
gender	male
height	1.64
weight	79.7
calorie_intake	2973
physical_activity_level	medium
smoking	0

alcohol_consumption   none

family_history_obesity   1

Advice:

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