

```
package com.example.phms.service;

import com.example.phms.model.Reading;

public class RecommendationService {
    public static String generate(Reading r) {
        if (r.getHeartRate() > 100) return "High heart rate detected. Reduce stress.";
        if (r.getSystolicBP() > 140) return "High blood pressure detected. Reduce salt.";
        if (r.getSteps() < 3000) return "Low activity detected. Increase exercise.";
        return "Health parameters are normal.";
    }
}
```