```java
package com.example.phms;

import com.example.phms.model.Reading;
import com.example.phms.service.RecommendationService;

public class App {

    public static void main(String[] args) {

        Reading reading = new Reading(105, 150, 95, 2000);

        String result = RecommendationService.generate(reading);

        System.out.println("=== Personalized Health Monitoring System ===");
        System.out.println(result);
    }
}
```