

MEDICAL HEALTH REPORT

(Auto-Generated Digital Health Report)

PATIENT DETAILS

Name:	Abel George
Email:	Abel.George@agilisium.com
Patient ID:	e93d0fd2-7660-4215-9d8a-d882ecc40084
Age:	22.0
Gender:	male
Generated On:	22 Dec 2025

VITAL SIGNS & HEALTH METRICS

Height	5.6
Weight	54.0 kg
Blood Pressure	120.0/80.0 mmHg
Heart Rate	80.0 bpm
Sleep	7.5 hrs/day
Water Intake	2.0 L/day
Workout	75.0 mins/day

AI HEALTH INSIGHTS

Summary:

This 22-year-old male exhibits excellent health habits, including a healthy BMI (19.2) consistent with a lean physique, normal blood pressure (120/80), good sleep (7.5 hrs), adequate hydration (2 L/day), and outstanding physical activity (75 min/day). His resting heart rate of 80 bpm is within the normal range.

Risk Level:

Low

Diet Recommendations:

- Ensure adequate calorie intake to support high activity levels and potential muscle gain.
- Prioritize lean protein sources (e.g., chicken, fish, tofu, legumes) for muscle repair and growth.
- Include complex carbohydrates (whole grains, sweet potatoes) for sustained energy.
- Consume plenty of fruits, vegetables, and healthy fats (avocado, nuts, seeds) for essential micronutrients.
- Maintain consistent hydration, especially around intense workouts.

Fitness Guidance:

- Continue with your excellent daily workout routine, ensuring a balance between intensity and duration.
- Incorporate strength training 3-4 times per week to build and maintain muscle mass, especially given a lean physique.
- Ensure sufficient rest and active recovery days to prevent overtraining and promote muscle repair.
- Consider varying workout types (e.g., cardio, strength, flexibility, mobility) for holistic fitness and to challenge different muscle groups.

Health Goals:

- Maintain current healthy BMI and excellent lifestyle habits.
- Optimize nutritional intake to fuel high activity levels, support muscle development, and ensure adequate recovery.
- Progressively increase strength and muscle mass through consistent and varied resistance training.
- Continue to monitor overall well-being, energy levels, and resting heart rate trends.