

# 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  
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## 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 90.0 mins/day

## AI HEALTH INSIGHTS

### Summary:

A 22-year-old male exhibiting good overall health, including normal blood pressure and excellent sleep hygiene. He maintains a highly active lifestyle, working out 90 minutes daily, and has a healthy BMI, though on the leaner side. His heart rate is within normal limits, but could be optimized given his activity level. Ensuring adequate nutrition and hydration is crucial to support his rigorous exercise regimen.

### Risk Level:

Low

### Diet Recommendations:

- Ensure sufficient calorie intake to fuel intense daily workouts and support muscle recovery.
- Prioritize protein-rich foods (lean meats, fish, eggs, legumes) for muscle repair and growth.
- Include a variety of complex carbohydrates (whole grains, fruits, vegetables) for sustained energy.
- Incorporate healthy fats (avocados, nuts, seeds, olive oil) for overall health and hormone balance.
- Focus on nutrient-dense whole foods over processed items.

### Fitness Guidance:

- Continue a balanced workout routine, ensuring it includes strength, cardio, and flexibility.
- Integrate active recovery or rest days to prevent overtraining and aid muscle repair.
- Listen to your body and adjust intensity or duration as needed to prevent injury.
- Consider incorporating mindfulness or relaxation techniques to potentially lower resting heart rate.

### Health Goals:

- Increase daily water intake, especially around workouts, aiming for 3.0-3.5 liters to support high activity levels.
- Monitor and optimize daily macronutrient intake (protein, carbs, fats) to align with intense energy demands and lean body mass maintenance.
- Explore strategies to potentially lower resting heart rate, such as specific cardiovascular training adjustments or stress management.