

Variable	Mean	Standard deviation	Minimum	Maximum
Age	34.5	10.5	20	55
Gender	Male	Female		
Marital status	Married	Single		
Education	High school	College		
Occupation	Manager	Teacher		
Income	\$10,000	\$20,000		
Health status	Good	Poor		
Exercise frequency	Weekly	Monthly		
Stress level	Low	High		
Smoking status	Smoker	Non-smoker		
Alcohol consumption	Regular	Occasional		
Dietary habits	Vegetarian	Non-vegetarian		
Sleeping pattern	Regular	Irregular		
Family size	2	3		
Work-life balance	Good	Poor		
Overall well-being	High	Low		