Regression to the lean

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R Markdown

So I have been reading recently about different types and methods of linear regression, trying to expand my repertoire away from the boring old ordinarily least square (OLS) linear regression. So this article is my attempt at putting into practice some of these new learnings to something that I have been doing lately: losing weight.

And we can do a little un-scientific science experiment along the way too.

```
summary(cars)
```

```
##      speed           dist
##  Min.   : 4.0   Min.   :  2.00
##  1st Qu.:12.0   1st Qu.: 26.00
##  Median :15.0   Median : 36.00
##  Mean   :15.4   Mean   : 42.98
##  3rd Qu.:19.0   3rd Qu.: 56.00
##  Max.   :25.0   Max.   :120.00
```

Including Plots

You can also embed plots, for example:

Note that the `echo = FALSE` parameter was added to the code chunk to prevent printing of the R code that generated the plot.