Demonstrate how to set up Postman.

1. Go to https://www.postman.com/downloads/ and choose your desired platform among Mac, Windows or Linux. Click Download.
2. Once the Postman download is completed, click on Run to start the installation.
3. Follow the instructions to complete the installation.
4. To start interacting with the Postman API, you first need to have an API key[3].
5. To create a new environment, select Environments on the left and click +[5]