An example Rmarkdown document

Luke McGuinness

This is a short **document** to demonstrate the functionality of the Rmarkdown file.

## X id age bmi sex diet status  
## 1 1 1 71.6 34.3 Female Poor Healthy  
## 2 2 2 27.6 23.9 Male Good Healthy  
## 3 3 3 31.0 25.7 Male Poor Healthy  
## 4 4 4 44.0 31.6 Female Good Unhealthy  
## 5 5 5 34.1 21.7 Male Poor Unhealthy  
## 6 6 6 43.6 32.7 Female Moderate Unhealthy  
## 7 7 7 30.8 21.8 Male Poor Healthy  
## 8 8 8 64.3 31.6 Male Poor Healthy  
## 9 9 9 67.6 27.3 Male Poor Healthy  
## 10 10 10 74.3 25.4 Male Good Unhealthy

There were 7 columns in the data.

The mean of the bmi variable was 27.385.