

Exercise improves health and enhances mood*

Rahma Bintah Mohammad

April 2, 2024

First sentence. Second sentence. Third sentence. Fourth sentence.

Table of contents

1	Introduction	2
2	Data	2
3	Model	2
3.1	Model set-up	2
3.1.1	Model justification	2
4	Results	2
5	Discussion	2
5.1	First discussion point	2
5.2	Second discussion point	2
5.3	Third discussion point	2
5.4	Weaknesses and next steps	2
	Appendix	3
A	Additional data details	3
B	Model details	3
B.1	Posterior predictive check	3
C	References	4

*Code and data are available at: [LINK](#).

1 Introduction

2 Data

3 Model

3.1 Model set-up

3.1.1 Model justification

4 Results

5 Discussion

5.1 First discussion point

5.2 Second discussion point

5.3 Third discussion point

5.4 Weaknesses and next steps

Appendix

A Additional data details

B Model details

B.1 Posterior predictive check

C References