

WHY DO PEOPLE GO TO GYM?

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May 14, 2017

1 Introduction

1.1 Background

1.2 Aims and Objectives

General Objective

To determine the reasons why an individual, be it male or female, would like or love to go for gym every day or within a specific period.

Specific Objectives

To determine the pros and cons of gym,

1.3 Scope

1.4 Research Significance

2 Methodology

3 References