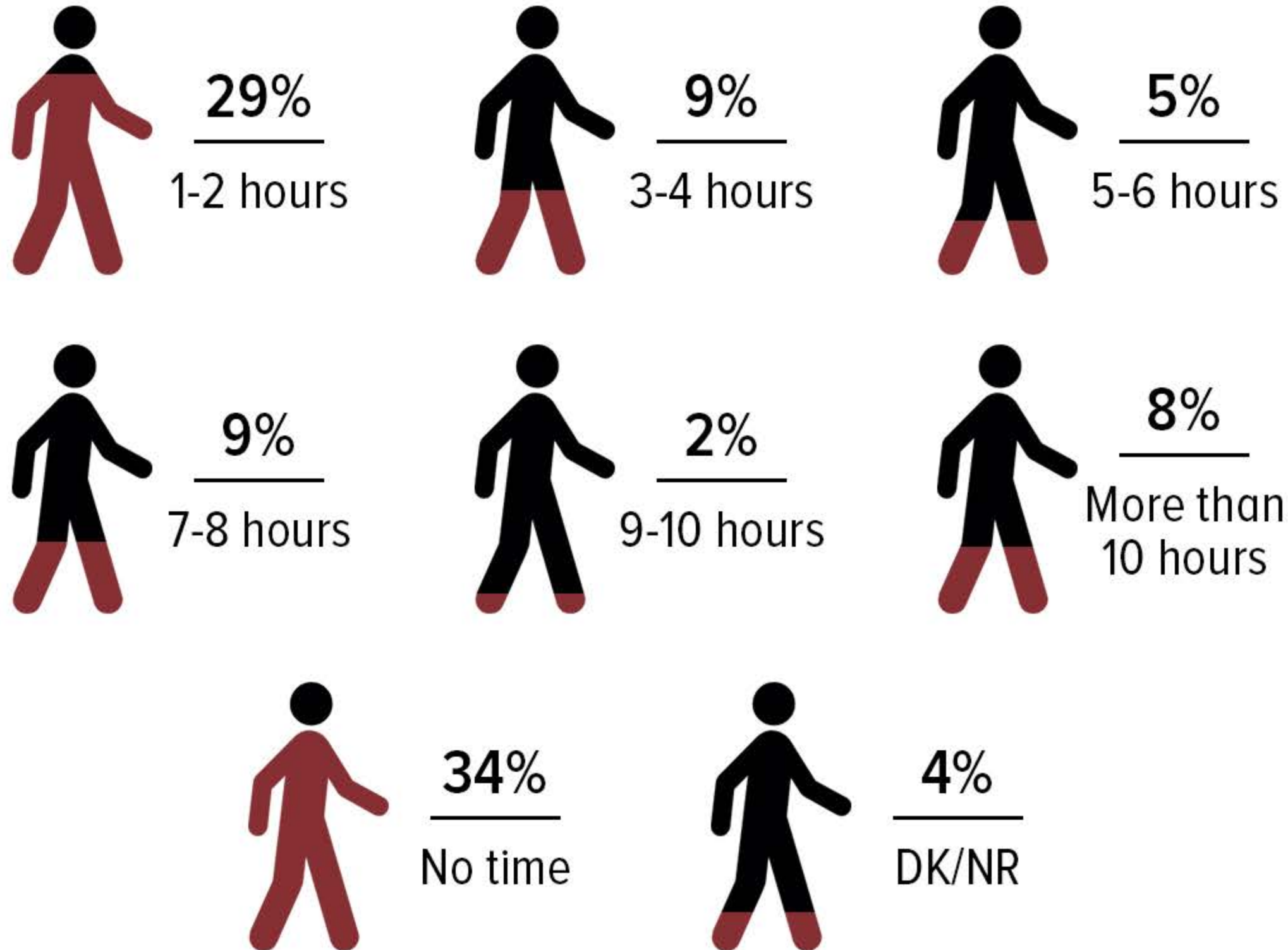


NOVEMBER 20, 2018

34% PAKISTANIS STATE THAT THEY DID NOT SPEND ANY TIME ON WALKING DURING SUMMERS IN THE PAST ONE YEAR, 29% SAY THEY SPENT 1 TO 2 HOURS WALKING PER WEEK.

While keeping past one year in mind please tell how much time did you spend on walking per week in summers; for instance walking to work, going to the market etc.?



SOURCE: GALLUP & GILANI SURVEYS - SAMPLE SIZE: 1560

Nationally Representative Sample covering both rural and urban respondents across Pakistan's four provinces.

Opinion Poll
HEALTHCARE
Dieting/Exercise

34% Pakistanis state that they did not spend any time on walking during summers in the past one year, 29% say they spent 1 to 2 hours walking per week.

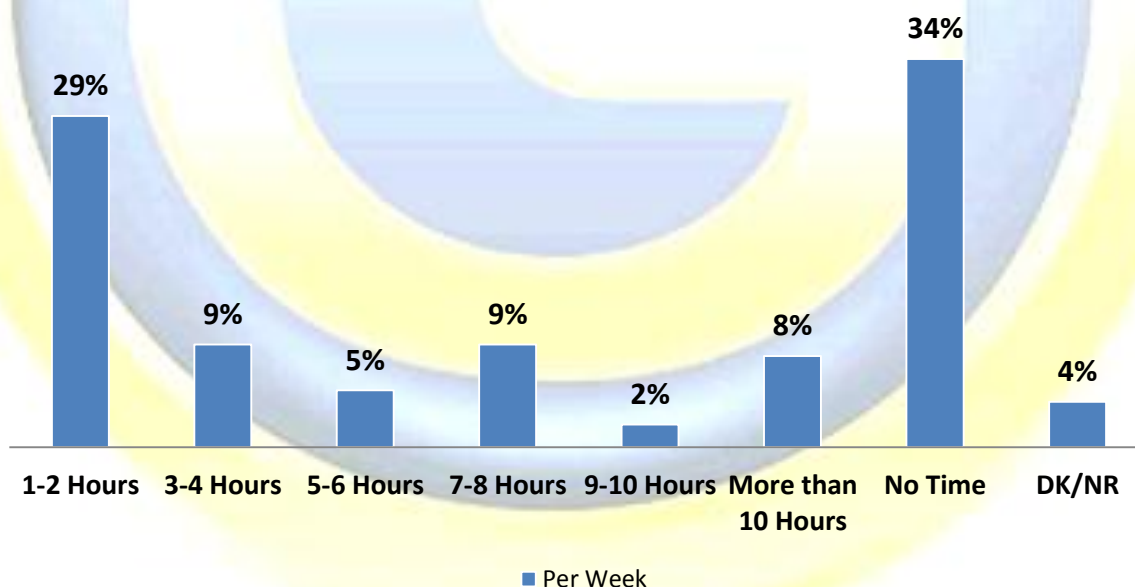
(GALLUP & GILANI PAKISTAN POLL)

Islamabad, November 20, 2018

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, 34% Pakistanis state that they did not spend any time on walking during summers in the past one year, 29% say they spent 1 to 2 hours walking per week.

A nationally representative sample of men and women from across the four provinces was asked “While keeping past one year in mind please tell how much time did you spend on walking per week in summers; for instance walking to work, going to the market etc.?” In response to this question, 29% said they spent 1-2 hours, 9% said 3-4 hours, 5% said 5-6 hours, 9% said 7-8 hours, 2% said 9-10 hours, 8% said more than 10 hours, 34% said they spent no time at all in walking while 4% did not know or respond to the question.

“While keeping past one year in mind please tell how much time did you spend on walking per week in summers; for instance walking to work, going to the market etc.?”



Source: Gallup & Gilani Pakistan Poll
Field work conducted by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International Association
(www.gallup-international.com; www.gallup.com.pk; www.gilanifoundation.com)

The study was released by Gilani Research Foundation and carried out by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1560 men and women in rural and urban areas of all four provinces of the country, September 24 – October 01, 2018. Error margin is estimated to be approximately \pm 2-3 per cent at 95% confidence level.

Opinion Poll from Gallup Pakistan



The Pakistani Affiliate of Gallup International



Tuesday, November 20, 2018

(3 Pages, English version Only)

Gilani Research Foundation is a not for profit public service project to provide social science research to students, academia, policy makers and concerned citizens in Pakistan and across the globe.

Gilani Research Foundation is headed by Dr. Ijaz Shafi Gilani who pioneered the field of opinion polling in Pakistan and established Gallup Pakistan in 1980. Currently Dr. Gilani, who holds a PhD from the Massachusetts Institute of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.

If you have any further questions regarding this poll, please feel free to contact us.

Best Regards,

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Disclaimer: Gallup Pakistan is not related to Gallup Inc. headquartered in Washington D.C. USA. We require that our surveys be credited fully as Gallup Pakistan (not Gallup or Gallup Poll). We disclaim any responsibility for surveys pertaining to Pakistani public opinion except those carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International Association. For details on Gallup International Association see website: www.gallup-international.com

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Daily Gilani Poll
2018



of Gallup Pakistan
(1980-2018)