

Latest Press Release
Gallup Pakistan

GALLUP PAKISTAN POLL FINDINGS ON **EXERCISING ROUTINE**

Survey Dates: 26th & 27th October 2008
Results released on: April 02, 2009

Conducted in Pakistan by



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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 of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.

Only 15 % Pakistanis Exercise Regularly: GALLUP PAKISTAN

Islamabad: April 02, 2009

According to a Gilani Research Foundation survey carried out by Gallup Pakistan, people in Pakistan are not found to be very fond of exercising even though most of them do know that keeping fit is vital.

Doctors advocate regular exercise for a healthy life and as a treatment for different diseases. Despite the unanimous agreement on the importance of exercise or walk for health (83%), Gallup found that only 54% of Pakistanis say that they go for a walk or do some exercise. Moreover, 15% of the respondents do it daily and 39% do it sometimes.

The study was carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International, among a sample of 2555 men and women in rural and urban areas of the country during 26th & 27th October 2008. Error margin is estimated to be approx. + 2-3 per cent at 95% confidence level.

For more survey data on Health related and other issues see website www.gallup.com.pk

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