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GALLUP PAKISTAN POLL FINDINGS ON

16 percent of urban men and women either exercise or walk daily.

Results released on: February 4, 2000



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16 percent of urban men and women practice daily exercise or walk - February 4, 2000

More than 90 percent of urban Pakistanis believe that some physical exercise and walk is either very important or somewhat important for them. However only 16 percent say that they actually go through the rigor of physical exercise or walk on a daily basis. These findings have emerged from a nation-wide poll conducted by Gallup Pakistan, the Pakistani affiliate of Gallup International.

The respondents were asked: "**Would you say that exercise or walk is very important, somewhat important or not at all important for good health?**" Seventy-seven percent (77%) termed it very important, 16% said somewhat important while the remaining 7% said it was not important at all.

The respondents were also asked: "**How frequently do you practice physical exercise or walk: every day, less frequently or rarely?**" 16 percent of the total sample said "daily", 38% said "sometimes" and the remaining 46% said they hardly ever do physical exercise or go for a walk.

The survey finding shows that compared to men, women tended to put less emphasis on exercise or walk. 22% of men compared to 11% of women said they practiced daily exercise. The survey also found that daily exercise was more popular in relatively smaller towns like Mardan and Sahiwal compared to larger cities such as Karachi, Lahore and Rawalpindi.

The survey was conducted among more than 1000 representative sample of urban men and women covering a cross section of various age, income and educational groups. The error margin in a survey of this kind is around 3 percent at 95 percent confidence level. The complete text of Gallup weekly poll may be seen on the internet at www.gallup.com.pk.