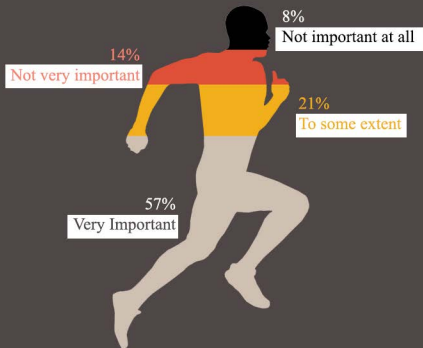


11 Jul 2016

MAJORITY (78%) PAKISTANIS BELIEVE EXERCISE AND WALKING ARE IMPORTANT FOR THE HEALTH OF A PERSON.

Please tell how important exercise and waking are for the health of a person?



SOURCE: GALLUP AND GILANI SURVEYS SAMPLE SIZE: 1802
Nationally Representative Sample covering both urban rural respondents across Pakistan's four provinces.



Opinion Poll
HEALTH CARE
Dieting/Exercise

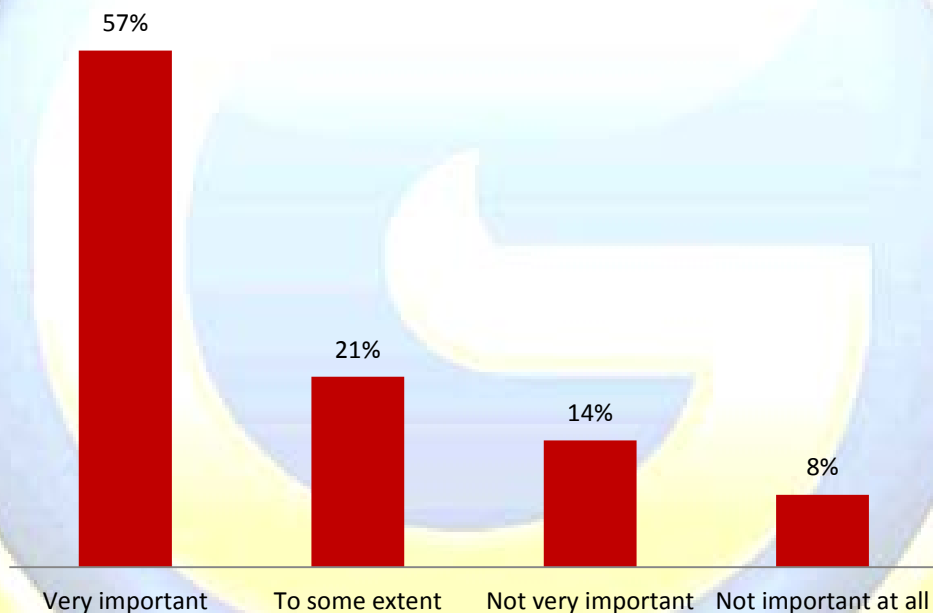
Majority (78 %) Pakistanis believe exercise and walking are important for a person's health. (GRF POLL)

Islamabad, July 11, 2016

According to a Gilani Research Foundation Survey carried out by Gallup Pakistan, majority (78%) Pakistanis believe exercise and walking are important for a person's health.

A nationally representative sample of men and women from across the four provinces was asked, "Please tell how important exercise and waking are for the health of a person?" In response to this question, 57% respondents said that walking and exercise are very important for the health of a person, 21% said that they were important to some extent, 14% said that they were not very important, while another 8 % said that they were not important at all.

Question: "Please tell how important exercise and waking are for the health of a person?"



Source: Gilani Research Foundation Poll (GRF Poll)
Field work conducted by Gallup 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 Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1802 men and women in rural and urban areas of all four provinces of the country, during May 09 - May 16, 2016. Error margin is estimated to be approximately ± 2 -3 per cent at 95% confidence level.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup International



Monday, July 11, 2016

(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,

Ms. Fatima Idrees

Phone: +92-51-2655630

E-mail: fatima.idrees@gilanifoundation.com

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



Daily Gilani Poll
2016



of Gallup Pakistan
(1980-2016)