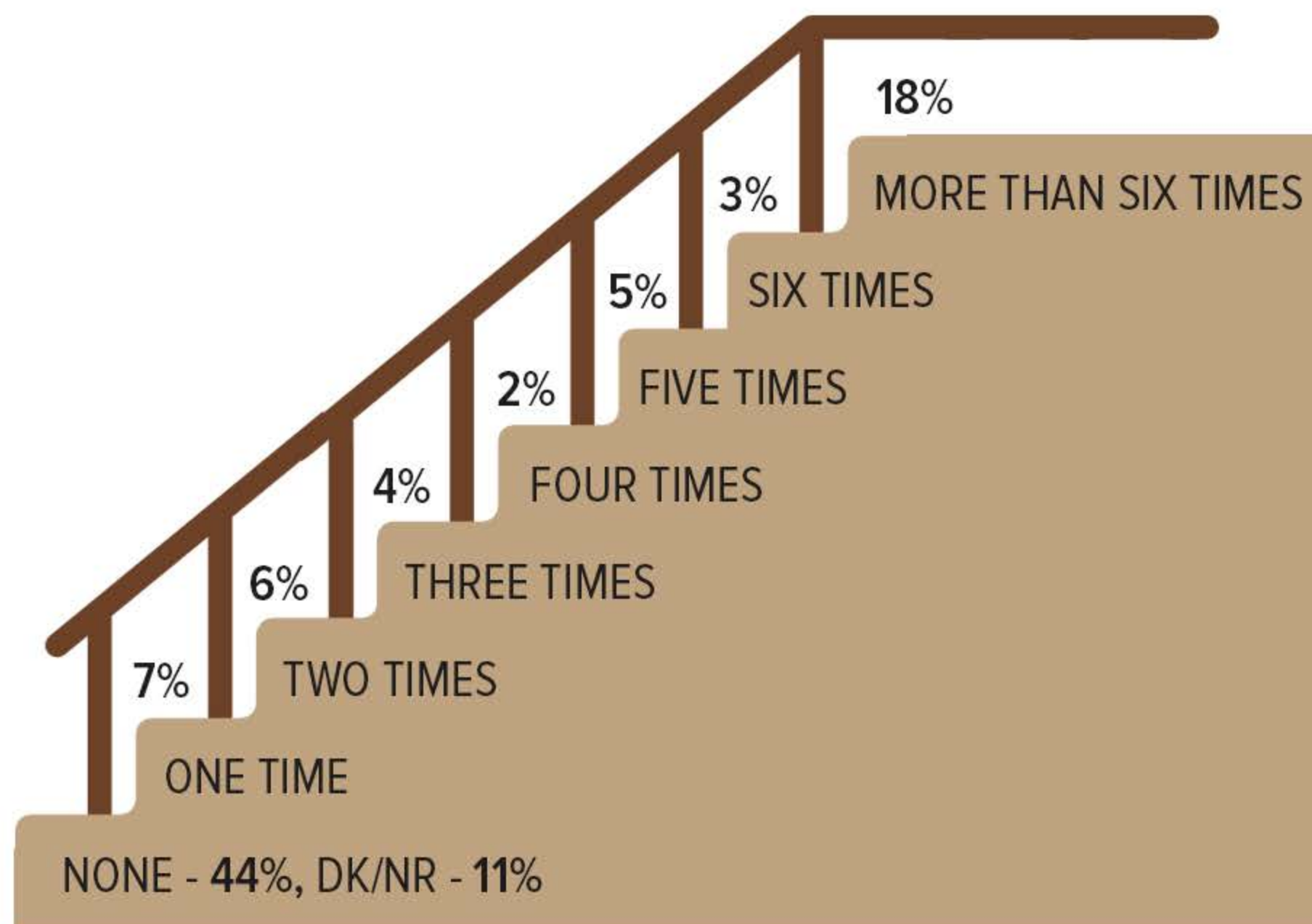


NOVEMBER 13, 2018

STAIR CLIMBING: 44% PAKISTANIS ARE MISSING OUT ON THIS IMPORTANT WAY OF EXERCISING; 18% SAY THEY CLIMB STAIRS MORE THAN 6 TIMES PER DAY.

Keeping last year in mind, please tell approximately how many times you climbed the stairs in a day?



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**

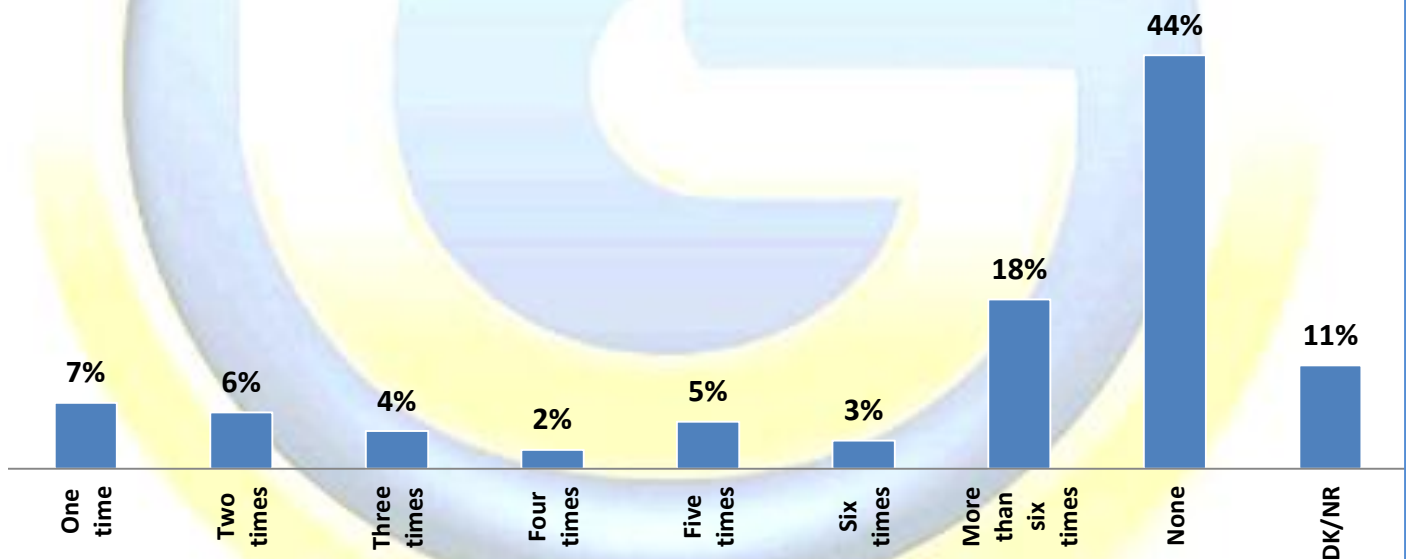
**Stair climbing: 44% Pakistanis are missing out on this important way of exercising; 18% say they climb stairs more than 6 times per day.
(GALLUP & GILANI PAKISTAN POLL)**

Islamabad, November 13, 2018

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, 44% Pakistanis are missing out on this important way of exercising; 18% say they climb stairs more than 6 times per day.

A nationally representative sample of men and women from across the four provinces was asked “Keeping last year in mind please tell approximately how many times you climbed the stairs in a day?” In response to this question, 7% said one time, 6% said two times, 4% said three times, 2% said four times, 5% said five times, 3% said six times, 18% said more than six times a day, 44% said they did not climb stairs at all while 11% did not know or respond to the question.

“Keeping last year in mind, please tell approximately how many times you climbed the stairs in a day?”



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 25 – October 02, 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 13, 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,

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

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Daily Gilani Poll
2018



of Gallup Pakistan
(1980-2018)