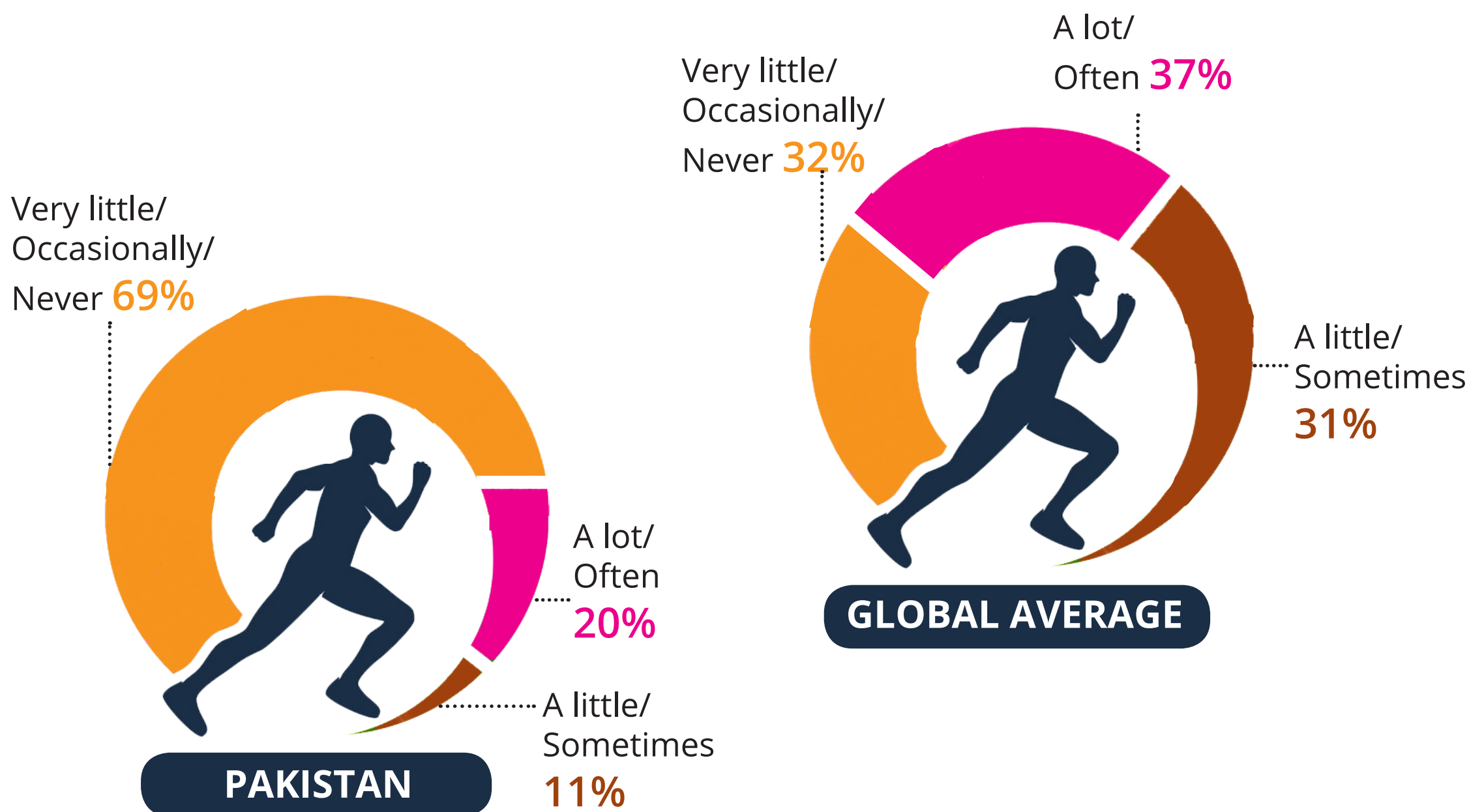


MAY 7, 2020

ONLY 1 IN 5 PAKISTANIS (20%) REPORT EXERCISING REGULARLY – 17% LOWER THAN THE GLOBAL AVERAGE (GALLUP PAKISTAN & WIN WORLD SURVEY)

How often would you say that you exercise?



WIN WORLD SURVEY 2019 - SAMPLE SIZE: 29,575
 Globally Representative Sample covering both rural and urban respondents across the world.
 Note: This survey was conducted before the Coronavirus epidemic and does not represent views of people during ongoing lockdowns and isolation



Opinion Poll

HEALTH

Only 1 in 5 Pakistanis (20%) report exercising regularly – 17% lower than the global average (Gallup Pakistan & WIN World Survey)

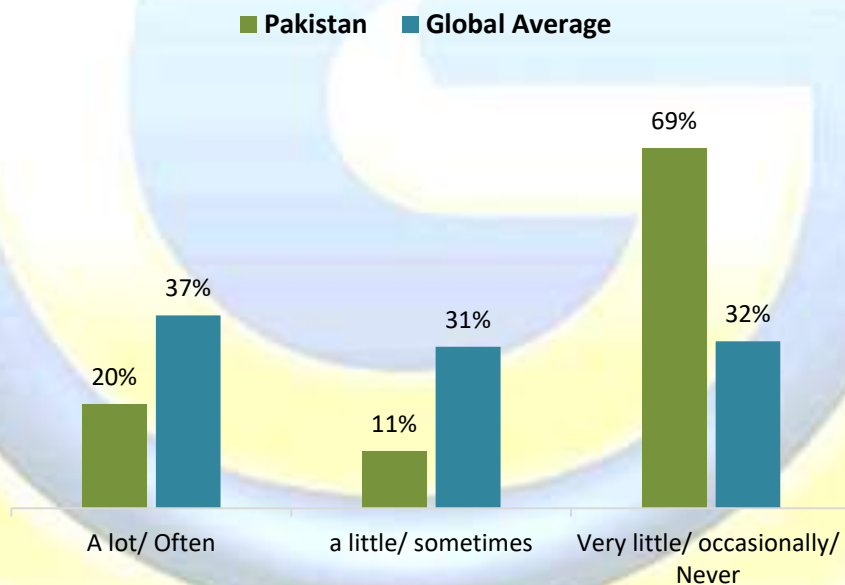
Islamabad, May 07, 2020

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, only 1 in 5 Pakistanis (20%) report exercising regularly, which is 17% lower than the global average.

A nationally representative sample of adult men and women from across the four provinces was asked the following question: *“How often would you say that you exercise?”* In response to this question, 20% said they exercise a lot/very often/moderately or fairly often, 11% said a little/sometimes, while 69% said they exercise very little/occasionally or never.

Global result: The question was also asked from respondents from 40 countries across the globe. Globally, 37% said they exercise a lot/very often/moderately or fairly often, 31% said a little/sometimes, while 32% said they exercise very little/occasionally or never.

Question: “How often would you say that you exercise?”



Source: WIN World Survey 2019

Fieldwork in Pakistan conducted by Gallup Pakistan, the Pakistani affiliate of Gallup International Association
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Note: This survey was conducted before the Coronavirus epidemic and does not represent views of people during ongoing lockdowns and isolation

The study was released by Gilani Research Foundation and carried out by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International, as part of The WWS (WIN Worldwide Survey) conducted every year with the purpose to measure people's thoughts, expectations, worries, and perceptions related to relevant topics for society and business. A total of 29,575 people were interviewed globally. The fieldwork was conducted during October 2019 – December 2019. The margin of error for the survey is between 2.4 and 4.4 at 95% confidence level. The global average has been computed according to the covered adult population of the surveyed countries.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup

Thursday, May 07, 2020

(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.

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of Gallup Pakistan
(1980-2020)

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