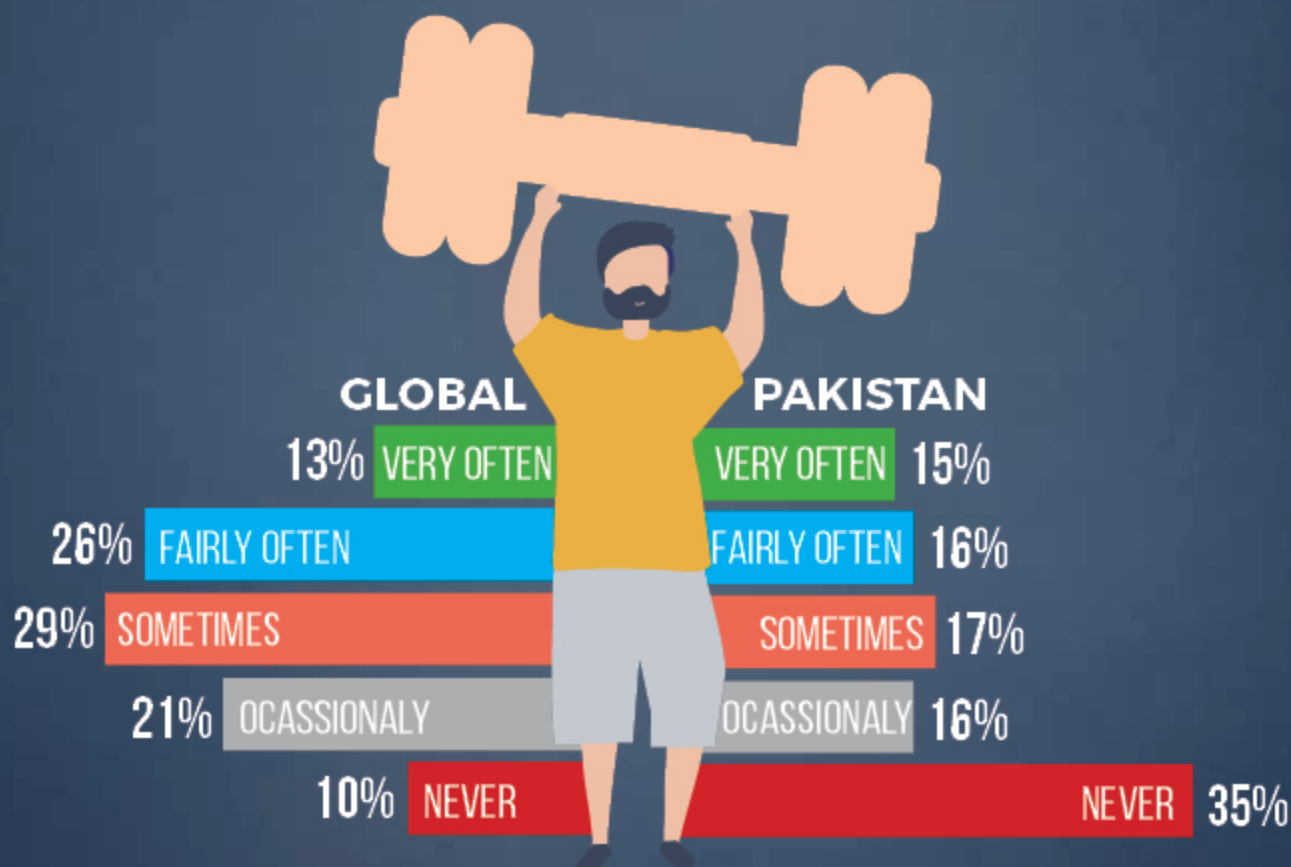


9 April, 2021

PAKISTANIS ARE SIGNIFICANTLY MORE LIKELY TO SAY THEY NEVER EXERCISE (35% IN PAKISTAN VS 10% GLOBALLY): WIN INTERNATIONAL AND GALLUP & GILANI PAKISTAN

How often would you say that you exercise?



Don't know/No response not included



Press Release
**Health Perception and Lifestyle
Exercise**

Pakistanis are significantly more likely to say they never exercise (35 % in Pakistan vs 10 % globally): WIN International and Gallup & Gilani Pakistan

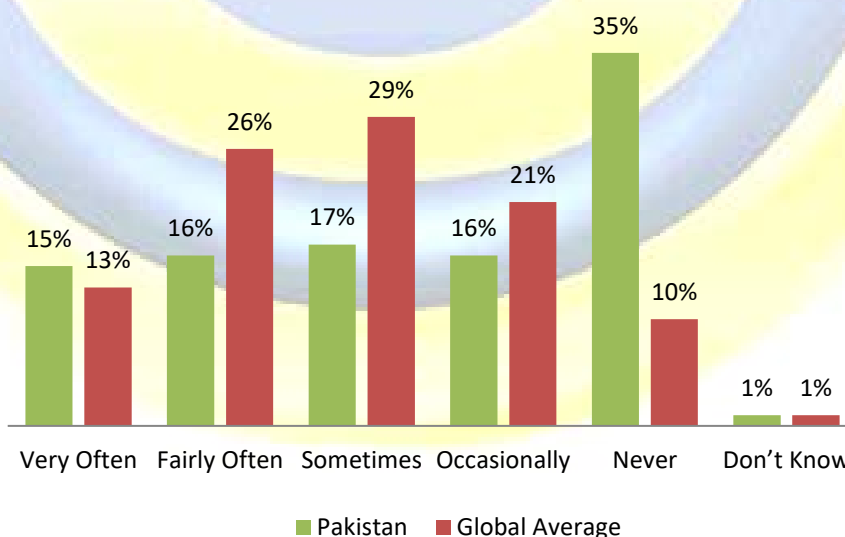
(Islamabad), April 9th, 2021

WIN International, the world's leading association in market research and polling, has published the Annual WIN World Survey (WWS - 2020) exploring the views and beliefs of 29,252 individuals among citizens from 34 countries across the globe about their health and lifestyle. The survey analyzes views and opinions related to the perception of health and habits of citizens.

A nationally representative sample of adult men and women from across the four provinces of Pakistan was asked the following question, **“How often would you say that you Exercise?”** 35% of respondents said that they never exercise, 16% said that they exercise occasionally, 17% of the respondents said that they exercise sometimes, 16% of the respondents said that they exercise fairly often and 15% of the respondents said that they exercise very often.

Global picture: Globally, 10% claim to never exercise, 21% claim to exercise occasionally, 29% sometimes, 26% fairly often and 13% very often. Pakistanis are significantly more likely to say they never exercise (35% in Pakistan vs 10% in the world) which shows that public policy needs to use behavior change policies to encourage exercise culture in Pakistan.

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

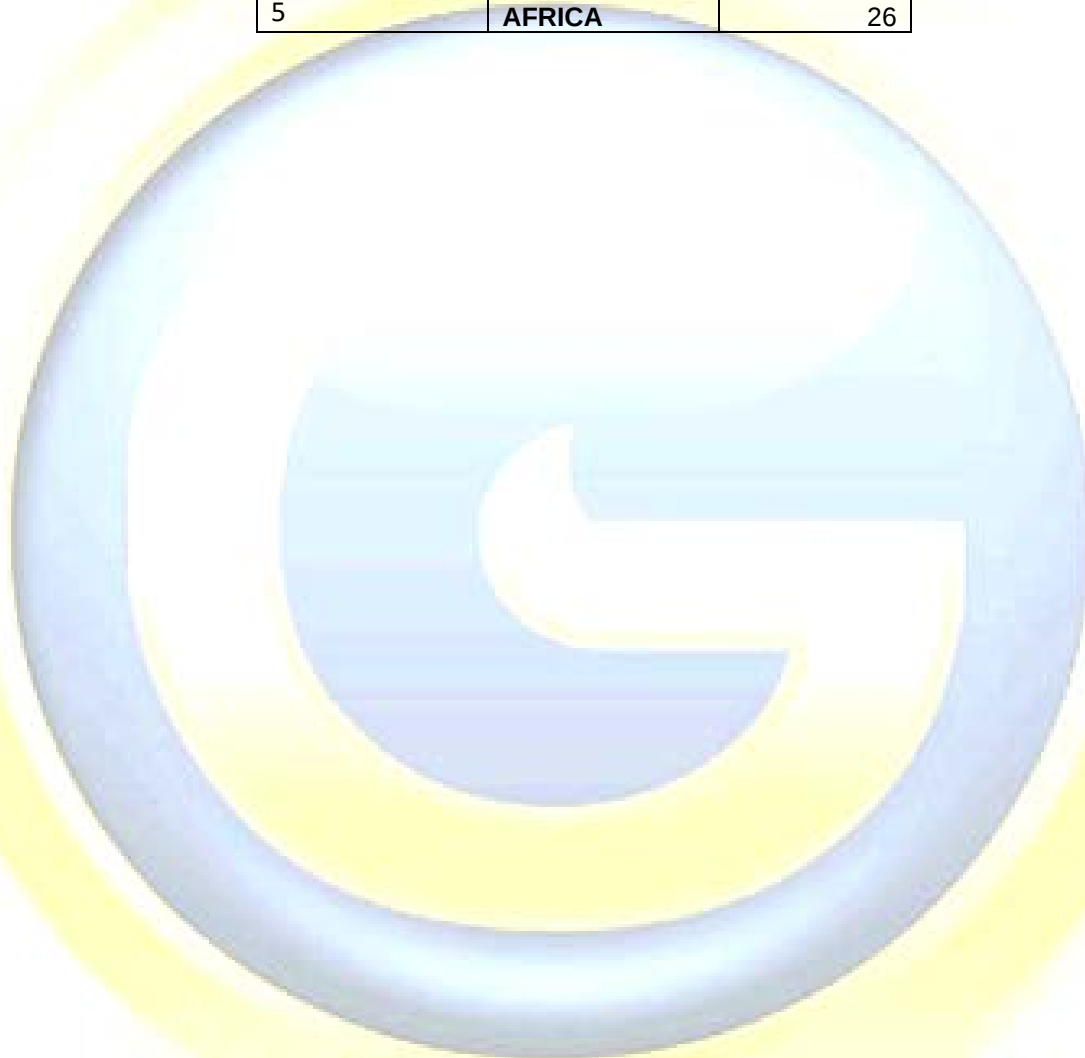


Source: WIN International Survey 2021
Field work conducted by Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Regional Comparison:

15% Pakistanis claim to exercise very often. In terms of this, Pakistan lies above its region's average (APAC – 14%). The region average for MENA is 11%, Europe 13%, APAC 14%, Americas 11% and Africa 26%.

	Region wise	People who claim to exercise very often (%)
1	MENA	11
2	EUROPE	13
3	APAC	14
4	AMERICAS	11
5	AFRICA	26



The study was released by WIN International and carried out by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The survey was carried out among a sample of 1103 men and women in urban and rural areas of all four provinces of Pakistan, between 5th November and 15th November 2020. The global sample was 29,252. The margin of error for the survey is between 4.4 and 2.5 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

Friday, April 9, 2021

(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,
Gallup Pakistan*

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
2021



of Gallup Pakistan
(1980-2021)