

10th November, 2021

42% PAKISTANIS REPORT THAT THEY DO NOT WORK OUT OR WALK AT ALL; FEMALES (61%) ARE SIGNIFICANTLY MORE UNLIKELY TO WORK OUT OR WALK AS COMPARED TO MALES (39%): GALLUP & GILANI PAKISTAN

تقریباً 42% پاکستانیوں کے مطابق وہ ورزش/واک بالکل نہیں کرتے ہیں، مردوں (39%) کے مقابلے خواتین (61%) میں ورزش/واک کرنے کا امکان نمایاں طور پر بہت کم ہے

Do you walk or work out every day regularly or do you do it some days?



Do not workout or walk at all

42%

Everyday

36%

Every other day

21%

Don't know/ No response: 1%



Opinion Poll Healthcare

42% Pakistanis report that they do not work out or walk at all; females (61%) are significantly more unlikely to work out or walk as compared to males (39%): Gallup & Gilani Pakistan

(Islamabad), November 10, 2021

According to a survey conducted by Gallup & Gilani Pakistan, 42% Pakistanis report that they do not work out or walk at all; females (61%) are significantly more unlikely to work out or walk as compared to males (39%).

A nationally representative sample of adult men and women from across the four provinces was asked the following question, “Do you walk or work out every day regularly or do you do it some days?” In response to this question, 36% said every day, 21% said every other day, and 42% said do not work out or walk at all. 1% did not know or provided no response.

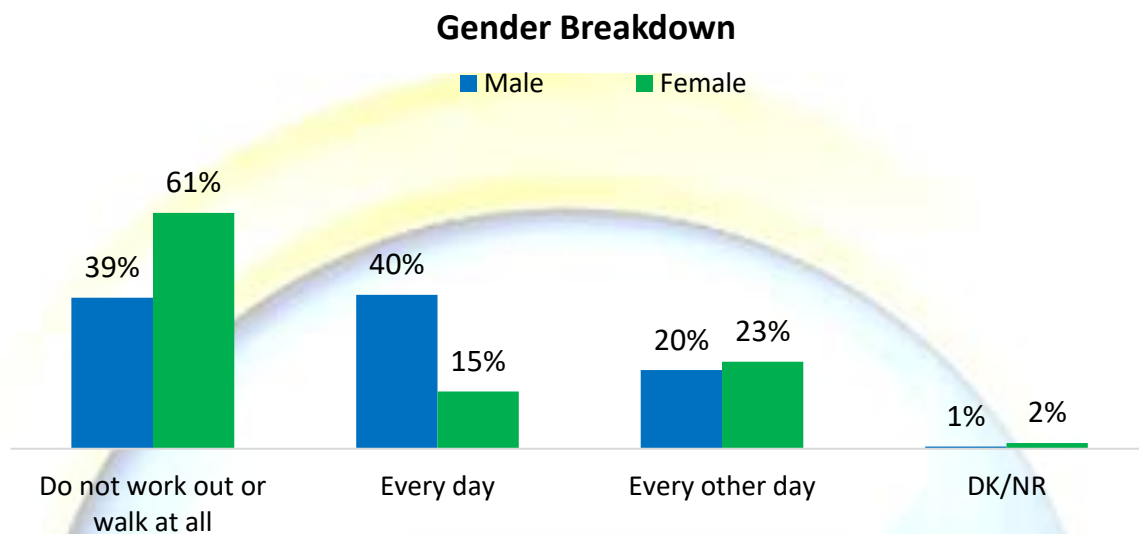
Question: “Do you walk or work out every day regularly or do you do it some days?”



Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Gender Breakdown

Considerably more females (61%) reported that they do not work out or walk at all as compared to males (39%).



Source: Gallup & Gilani Pakistan
(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 1730 men and women in urban and rural areas of all four provinces of the country, during September 23, 2021 – October 8, 2021. The error margin is estimated to be approximately $\pm 2-3$ percent at the 95% confidence level. The methodology used for data collection was CATI.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup International

Wednesday, November 10, 2021

(3 Pages, English version Only)



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FOUNDATION

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*

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Daily Gilani Poll
2021



of Gallup Pakistan
(1980-2021)