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Tetley Green Tea Immune’s latest survey reveals Indian women's awareness about health

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By **Manbeena Chawla** | May 30, 2022



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With an aim to understand women's awareness of their own health and the small steps they are taking to ensure their holistic well-being, Tetley Green Tea Immune recently revealed interesting findings on the topic of 'Health and Fitness' through their recent survey.

The extensive survey conducted among 1500 women across age categories in 6 key cities (Delhi, Mumbai, Kolkata, Bengaluru, Chennai and Hyderabad) gives key insights on the need to raise awareness on holistic well-being that is not just restricted to looking fit on the outside.

The survey shares reveals that 8 out of 10 women feel that looking 'fit' means being healthy; Over 90% of women understand the importance of prioritising their own health as much as their families', with many taking active steps as part of their fitness journey; 98% of respondents when asked about beverage choices agreed that the right choice of beverages can aid their overall holistic journey.

Elaborating on the survey findings, Puneet Das, President - Packaged Beverages (India and South Asia), Tata Consumer Products said, *"We are witnessing an active role played by consumers in their fitness journey currently. Tetley Green Tea Immune's holistic wellness survey aims to highlight how women evaluate health and fitness. While women focus on 'losing weight' and 'looking fit', good health includes more than just 'looking fit'. It means giving importance to inner wellbeing as well as outward fitness. Tetley Green tea Immune is an innovative product which has goodness of green tea along with added vitamin C, which may be an enabler in feeling fit from the inside."*

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Read online: https://nuffoodsspectrum.in/news/6/18970/tetley-green-tea-immunes-latest-survey-reveals-indian-womens-awareness-about-health.html

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