



## LIFESTYLE PHYSICAL ACTIVITY INTERVENTIONS AMONG UNIVERSITY STUDENTS: EVIDENCE-BASED ADAPTATION TO GULISTAN STATE UNIVERSITY

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**Abstract:** *Physical inactivity is recognized as one of the leading risk factors for global mortality and is particularly prevalent among university students due to sedentary academic lifestyles and increased screen time. This study examines lifestyle physical activity interventions, focusing on their historical development, short-term and long-term effects, and applicability within the context of Gulistan State University. Drawing on the framework proposed by Dunn, Andersen, and Jakicic, lifestyle-based interventions emphasize the integration of moderate-intensity physical activity into daily routines rather than reliance on structured exercise programs.*

*The study employs a qualitative literature review method, analyzing international research findings and adapting them to the socio-educational environment of Uzbekistan. Results indicate that lifestyle physical activity interventions significantly improve cardiovascular health, psychological well-being, and academic performance. Furthermore, such interventions demonstrate higher adherence rates compared to traditional structured exercise programs.*

*The findings suggest that incorporating simple behavioral strategies—such as walking, stair climbing, and active study breaks—can produce meaningful health outcomes. The study concludes with practical recommendations for universities to implement sustainable, low-cost physical activity programs that align with student lifestyles.*

**Keywords:** *lifestyle physical activity, university students, health promotion, intervention, Uzbekistan*

### INTRODUCTION

Physical inactivity has become a major public health concern worldwide, contributing to the rise of non-communicable diseases such as cardiovascular disorders, obesity, and diabetes. University students represent a particularly vulnerable group due to

academic pressures, prolonged sitting, and increased use of digital technologies.

Traditional physical activity recommendations have focused on structured exercise programs; however, these approaches often face low adherence rates among students. In contrast, lifestyle physical activity



interventions offer a more flexible and accessible alternative. According to research by A L Dunn, R E Andersen, and J M Jakicic, integrating moderate physical activity into daily routines can yield comparable health benefits.

This study aims to adapt these findings to the context of Gulistan State University, providing a practical framework for improving student health outcomes.

### Methods

This research is based on a qualitative literature review of international scientific studies on lifestyle physical activity interventions. Sources include peer-reviewed journals, global health organization reports, and meta-analyses.

The study follows three main steps:

1. Analysis of historical development of lifestyle interventions
2. Evaluation of short-term and long-term effects
3. Adaptation of findings to the local university context

### Results

#### Short-Term Effects

Lifestyle physical activity interventions produce immediate benefits, including:

- Improved mood and reduced stress
- Increased energy levels

- Enhanced cognitive performance

Students who engage in regular light physical activity demonstrate better concentration and academic engagement.

#### Long-Term Effects

Long-term adherence leads to:

- Reduced risk of cardiovascular diseases
- Improved metabolic health
- Lower levels of anxiety and depression
- Development of lifelong healthy habits

### Discussion

The findings confirm that lifestyle physical activity interventions are highly effective for student populations. Unlike structured exercise programs, these interventions are easier to maintain because they require minimal time, resources, and planning.

In the context of Gulistan State University, several factors support implementation:

- Walkable campus environment
- Availability of outdoor spaces
- Strong peer influence among students

However, barriers such as lack of awareness and academic workload must be addressed through targeted interventions.

**Table: Effects of Lifestyle Physical Activity**

Activity Type	Short-Term Effects	Long-Term Effects
Walking	Improves mood	Cardiovascular health
Stair climbing	Boosts energy	Weight management
Active breaks	Reduces stress	Better concentration



## CONCLUSION

Lifestyle physical activity interventions represent a practical, cost-effective, and sustainable solution to improving student health. Their adaptability makes them particularly suitable for university settings, including Gulistan State University.

By integrating physical activity into daily routines, students can achieve significant improvements in both physical and mental well-being. Universities should prioritize health promotion strategies that encourage active lifestyles and reduce sedentary behavior.

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