**Eugeniy Pavlenko. Physical Activity in Forming Health-Related Lifestyle of University Students.**

The article aims at describing the impact of exercise and various forms of physical activityon the youth’s psychological, mental and social welfare. In this context, it highlights the necessity of discovering methods and techniques to improve the quality of physical education in institutions of higher education. For this purpose, the integrated use of physical exercises as well as forming positive motivation of students engaged in physical education process come to be very important. The article also identifies the need for using various forms of motor activity as an integral part of forming their healthy lifestyle. The main objective of the thesis is to throw light on the positive aspects of exercise and various kinds of physical activity in promoting a healthy lifestyle with the emphasis on targeting the needs of young people.

The study provides baseline information, ascertains personal, social and university-linked barriers as well as wider social factors to healthy lifestyle and submits practical recommendations for the renovation of national curriculum for physical education. The theoretical framework of the article identifies the self- determination research involving exercise, healthy lifestyle and their impact on the youth. The students’ engagement in physical activity is viewed as a provider to a range of positive outcomes in physical and mental health, social well-being as well as intellectual and educational performances. The article focuses on the process through which an individual obtain the positive motivation for introducing new health-related activities and ultimately upholding them. In this regard, Ukrainian Universities must do their best to expand shared responsibilities to include the advancement of health and fitness as essential parts of their foremost values.

The article puts emphasis on the vital necessity of students’ participating in exercise and physical activity on a regular base as well as gives recommendations on the need to update the current physical activity guidelines. To stay healthy one should need to combine all possible types of daily physical activity thus conglomerating moderate and vigorous ones that prove to provide certain physical benefits. They include walking, jogging, aerobics, double tennis, hiking, rollerblading, volleyball, football, basketball, fitness, gymnastics, etc.

Coming to the close, physical activity guidelines not only provide a clear set of regulations applicable and tailored for young people but also embrace some clarification to convey that the optional physical activity is beyond the light physical activity undertaken in the course of their normal daily living.