

## HEALTHY LIFE - AS ONE OF THE FACTORS OF UPBRINGING OF YOUNG GENERATION

**Alijanov Oybek Ganijanovich**

Senior Lecturer, Namangan State University, Namangan, UZBEKISTAN

### ABSTRACT

The article gives students an understanding of healthy lifestyle, active behavior, agendas, the purpose of life, the role of education in life, and how to become a full-fledged person, both through and through extracurricular activities. help them to develop the skills and skills they need.

**Keywords:** Healthy Lifestyle, Lessons, Upbringing, Education, Knowledge, Skills, Insights.