

FACTORS IN THE FORMATION OF A "HEALTHY LIFESTYLE" IN STUDENTS

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ABSTRACT

The article is devoted to such issues as the further formation of a healthy lifestyle in society, strengthening the health of the population, educating a physically healthy and spiritually rich young generation, ensuring the broad involvement of citizens in physical culture and sports.

Keywords: Healthy lifestyle, educating young people, physical and mental condition, increasing medical knowledge, harmoniously developed generation.