

## SHAPING OF THE HEALTHY LIFESTYLE CULTURE IN PHYSICAL EDUCATION FOR OUR FUTURE TEACHERS

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### ABSTRACT

This article deals with the promotion of physical culture and sports, the shaping of healthy living culture among the population and the integration of educational, universal and national values in the training of future teachers and the harmonious application of environmental, hygienic and valeological knowledge and technology.

**Keywords:** Healthy lifestyle, shaping healthy lifestyle culture, physical education, physical culture and sports, future teachers.