

## IMPROVING INTERNAL AND EXTERNAL MOTIVATION IN FORMING A HEALTHY LIFESTYLE

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### ABSTRACT

*A healthy lifestyle is an activity aimed at preserving and strengthening one's health, and it is the process of active work, living in the midst of creativity, the formation of a comprehensively developed person who can easily bear strong physical and mental loads, extremely dangerous and harmful factors. Motives for conducting STT are formed as a result of the whole system of pedagogical influences.*

**KEYWORDS:** *Creativity, Intrinsic Motivation, Manifestation, Aspirations, Volitional Qualities.*

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### USED LITERATURE

1. Маннапова Н.Ш Педагогика олий таълим муассасалари талабаларида соғлом турмуш тарзини шакллантириш мотивацияни такомиллаштириш педагогика фанлари бўйича фалсафа доктори (PhD) дисс.автореферати Тошкент– 2020.
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