

HEALTHY LIFESTYLE AND ITS CONSTITUENT FACTORS

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ABSTRACT

When implementing valeology-a healthy lifestyle, another question, if any, is the importance of psychological psychological training in the formation of a healthy lifestyle. In this regard, every person, trying to live in accordance with the requirements of a healthy lifestyle, should be ready from a psychological point of view to develop a desire in him. Consequently, changing the doctrine of a healthy lifestyle is of great importance for a person's conscious approach to this issue, conscious regulation of his behavior and achievement of the intended goal, overcoming the obstacles he faces at the same time (such as doubts, fears, distrust), relying on will. the conscious realization of the psycho-emotional state remains a key issue in the formation of a healthy lifestyle.

The article examines a healthy lifestyle and its constituent factors.

KEYWORDS: Sport, Physical Education, Healthy Lifestyle, Valeology, Nutrition Factor.

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