
The Influence of Healthy Lifestyle on Personal Development

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Abstract: The article discusses the problems of the influence of healthy lifestyle on personal development. Healthy lifestyle is an integral part of the culture of personality, reflecting the richness of his inner world, life goals and values. Sport factor affects personal growth and performs important socio-cultural functions. Maintaining a healthy lifestyle enables individuals to find their place in a changing society, feel confident, secure and purposeful, be able to shape and save their physical, mental and moral health.

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