

## THE IMPORTANCE OF SPORTS GAMES IN THE FORMATION OF A HEALTHY LIFESTYLE

**Ravshan Mekhmanov\***

\*Lecturer,

Ferghana State University, Ferghana City,  
Samarkand, UZBEKISTAN

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### ABSTRACT

*In modern society, the problem of preserving and strengthening the health of college students is more urgent than ever before. This is due to the fact that very high requirements are imposed on them, which only healthy young men and girls can meet. And you can talk about health not only in the absence of any diseases, but also under the condition of harmonious neuropsychic development, high mental and physical performance. It is known that health is formed under the influence of a whole complex of factors. Physical education classes are important.*

**KEYWORDS:** *Education, Physical Education, Physical Activity, Physical Culture, Physical Education Theory, Health, Sports, Upbringing Of A Healthy Generation, Healthy Lifestyle, Modernization.*

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