

## HEALTHY LIFESTYLE GUARANTEED A HEALTHY FUTURE

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### ABSTRACT

*This article addresses the issue of healthy lifestyles. The importance of a healthy lifestyle in improving people's health and quality of life has been highlighted. Human life and health are the greatest social wealth. This puts the challenge of creating a healthy lifestyle in front of the family, school and other places of human development. As a result, they have more responsibility to choose the mental, emotional, and volitional behaviors that are necessary for their destiny, family, and community. It is necessary to prevent the resulting neurological diseases.*

**KEYWORDS:** *Healthy Lifestyle, Sports, Physical Education, Proper Nutrition, Health*

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