

FORMATION OF A HEALTHY LIFESTYLE IN THE FAMILY OF PRESCHOOL CHILDREN

Abduqodirova Nazira Khaliqnazarovna
Jizzakh State named after Abdulla Qodri
teacher of the Pedagogical Institute

ABSTRACT

A healthy society decides on the basis of a healthy family. At a time when fundamental reforms are carried out in our society, human health forms the basis of the priority directions of the activities of our state and government.