

# **Analysis of component structure of healthy lifestyle in modern pedagogical literature**

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*Abstract.* This article noted the relevance of the study of healthy lifestyle concept, which is linked to its practical importance and value of health. In the work we discuss component composition of healthy lifestyle within the framework of axiological, systemic, cultural and personal activity approaches in detail. The author conducts extensive analysis of the interdisciplinary aspects of healthy lifestyle related to medicine, psychology, sociology, philosophy, and pedagogy. As a result general provisions, which allowed to determine the author's version of the components of a healthy lifestyle were allocated and considered as a system of relations of a man with himself, nature and society, as well as active work aimed at the preservation and augmentation of health. Three components of a healthy lifestyle were singled out, namely: cognitive, value-motivation and activity components.

*Key words:* healthy lifestyle, components of healthy lifestyle, culture of health, personal attitude to a healthy lifestyle.