

## Preface

We are pleased to present you the participants' articles of the International Conference «Sport and Healthy Lifestyle Culture in the XXI Century» (SPORT LIFE XXI).

The conference was attended by both young and experienced researchers, doctoral and graduate students, athletes and coaches interested in a healthy lifestyle, physical education and sports.

SPORT LIFE XXI combines the different directions: medical, biological, educational, psychological and philosophical, which made it possible to study the problem of maintaining and strengthening health from different angles. This is truly a new multifaceted community, and we believe that next year the number of conference participants will increase many times due to the topic-raised importance.

Enjoy reading and see you at the next edition of the conference!

All the best,  
Proceedings editors

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