

Research on the Health of Physical Fitness Routine

Wang Hanwei^{1*}, Wang Hong¹, Zhang Biao²

¹The Faculty of Physical Education, China West Normal University, Nanchong, Sichuan, China

²West Normal University, Nanhong, Sichuan, 637009, China

*Corresponding author

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Abstract: With the continuous development of the economy and society, fitness has gradually become a new label for sports. It is also one of the important ways to promote the health of the Chinese people. Based on this, this paper expounds the role of fitness in sports, and further analyzes the problems of physical fitness. In the end, new paths were proposed, such as clarifying the public's spiritual requirements for fitness, establishing an art system related to fitness, and enhancing the integration of fitness and multi-art.

1. Research background

1.1 Literature review

At present, China has adopted corresponding laws and regulations to guide the Chinese people's fitness to a higher level, and to continue to promote the public's enthusiasm for physical fitness (Peng and Lu, 2002). In this way, it will add brilliance to the Chinese sports industry. At present, China has already formed a fitness system in the process of building a well-off society. The scientific and cultural accomplishments and thoughts of the people have been greatly improved, thus forming a relatively complete fitness system, sports system and medical and health system (Wang, 2007). As a result, theoretical support for the work of the Chinese people in fitness has promoted the development of physical fitness (Zhan and Zhan, 2005).

The state uses the most effective development to regulate the people's fitness industry. The service-oriented government must increase its efforts, grasp the actual situation of the implementation of the public health of various governments, and recognize the key points and difficulties of the fitness industry. For sports, it is used in sports, and thus promotes the healthy development of the people in the fitness process (Liu et al, 2017). Reflecting the cultural heritage of China and the civilization and progress of society. The establishment of public sports facilities will be carried out in an efficient manner, and the people's fitness will be integrated to form a complete system of physical fitness and sports (Li, 2007).

1.2 Research purposes

With the continuous development of the Chinese economy, people have a strong desire for their own health, and fitness has become the first choice of sports. However, in many studies on physical fitness, there is still a lack of research on fitness and fitness. Based on this, this article takes the fitness exercise as the entry point, comprehensively analyzes the related problems existing in the Chinese sports fitness work, and puts forward new ideas in the development of sports fitness to provide reference for the development of physical fitness. And draw on.

2. Related development trends of physical fitness

2.1 Basic nature of fitness

At present, China's sports industry needs to face the social development environment, good economy and important historical opportunities in the continuous development (Zhang, 2010). With the increasing consumption of residents, the continuous improvement of industrial structure and the

gradual improvement of people's living standards, the leisure and work views of the people are gradually changing (Ding, 2012). However, at present, people's growing demand for physical fitness has clearly become a strong driving force for the development of Chinese fitness activities. In the hearts of the people, the phrase "fitness is health, fitness is work, and fitness is a high-quality life" has long been deeply rooted in psychology. At the moment, fitness has clearly become a new symbol in the pursuit of fashion. It has also become a more important part of Chinese sports culture, and it has also quickly become a social phenomenon of the general public (Fu, 2011).

2.2 Policy in fitness work

The public fitness work needs to rely on higher-level Faerie management. Since the implementation of the "National Fitness Program Outline" from the implementation to the end, the public fitness work in this process has achieved considerable results. In order to better promote the effective development of the people's fitness work, the "National Physical Exercise Standards Trial Measures", "People's Republic of China Sports Law" and "Public Cultural Sports Facilities Regulations" and other relevant regulations, from all aspects of the public fitness work related aspects Public sports, school sports, and government investment have all been enacted. In this way, higher requirements are put forward for the related work in the future, which has played a more important role in the fitness work of the people. At present, many provinces in China have issued local "Regulations on Fitness for All" on fitness. The State implemented the "National Fitness Regulations" in October 2009, and the State Council issued a fitness plan in February 2011. It can be seen from the relevant laws and regulations promulgated by these regulations that this must be a step toward a higher level in China's fitness industry.

2.3 Use and development of physical fitness

With the continuous development of the society, it has gradually become a factor in China's economic growth in the sports and leisure and sports and fitness industries. In 2015, most of the more developed countries have entered the leisure era, and many developing countries are also moving towards the leisure era. Sports competitions, physical fitness, outdoor sports and other related industries will activate the sports consumption market to a large extent. Therefore, the public fitness work must play an important role in the construction of Chinese spiritual civilization and material civilization.

3. The current situation of physical fitness

3.1 The current situation of physical fitness

The fitness movement has been gradually developing since it was introduced to China. However, when people accept a thing, it will make this thing reflect a more powerful vitality, and at the same time it will develop very quickly. But letting the trend reach a certain stage without innovation will lead to a "difficult" step. At the moment, although the Chinese people have great admiration and love for the fitness sport, they must always imitate the reality of the West's disregard of cultural and traditional projects. That will lead people to feel fresh about it, and fitness will show a slow development. At the moment, China has neglected the staged reflection and summary of the fitness exercise in the process of popularizing the fitness sports. This will lead to a very difficult situation in sports and fitness.

3.2 There is a big gap between fitness and public spirit

With the development of the economy and society, the development of fitness is relatively good, but there are also many shortcomings in its rapid development. According to surveys, many communities in China and the fitness people in the plaza are mostly unaware of the state's fitness exercises for the people. However, for those who know, they feel that the fitness of this type of exercise makes them unhappy, and there are relatively few suitable people. At present, although the fitness exercise has extended a large number of types, but its fitness can not effectively meet the people's urgent needs for fitness, and at present many companies and individuals are constantly

investing in the sports and fitness industry. The purpose of this is nothing more than to follow up the development of society and meet the increasing demand for fitness, which has greatly enhanced the spiritual realm of the people beyond material life.

3.3 Insufficient innovation in physical fitness

The soul of fitness is the innovation for it. Nowadays people have long-term aesthetics of things, it will show a kind of fatigue, it may be an experience fatigue, it may be an aesthetic fatigue, our innovation of things and the value of things. But as time goes by, the innovation of things will disappear, which will become a “spray” to promote the effective development of food.

At present, relevant scholars believe that the fitness innovation of physical fitness will be affected by the fitness market, economic environment and information environment. Therefore, with the continuous development of the economy and society, the material life is gradually improved and the network communication era is fast. The development factors and other related factors constantly change the people's living conditions at all times. Therefore, the concept of the development of things is constantly motivated by the people, and the fitness of fitness must also improve the creativity, so that the fitness can be developed as never before.

4. Sports and fitness related countermeasures

4.1 Clarify the public's spiritual requirements for fitness

At present, in today's social development, the people have the greatest satisfaction in terms of food, clothing, housing and transportation. At the same time, the people's life is not as mechanical as before. However, people's spiritual requirements are increasingly difficult to satisfy. . The constant development of the times has liberated the people's limbs, thus giving people a lot of time to consider the consumption of leisure light. Therefore, the people are awakened to the spiritual enjoyment. With the arrival of people's spiritual experience, just like the construction of a large playground, it is in line with the leisure taste of the people. Therefore, this constitutes the unique sports value connotation of the current civilization, which makes fitness and sports become the necessary leisure way in the life of the people. Therefore, we must pay attention to the people's spiritual liberation and effective care for the quality of life of the people, so as to achieve the all-round development of the people's health and fitness, and then adapt to the value brought by fitness and sports.

4.2 Enhance the integration of fitness and multi-art

The art in ancient China was called art. At that time, it was not recognized and understood by the people until the modern people gradually interpret and understand. Soon, people are pushed to a more elegant and unreachable state, but this will put the development of art in a precarious position, but the constant change of modern art has made it popular, and art is also The museum develops into human life. In the end, it became the daily consumption of the people. Nowadays, it has changed from a noble spiritual enjoyment to a typed cultural fast food. However, at present, the art creation is more effective and close to the public interest for the public to examine, so this aesthetic pursuit has effectively become a feature that serves the spiritual needs of the people. However, this aesthetic awareness has greatly contributed to the integration of fitness and multi-art in fitness.

4.3 Establish an art system related to fitness

With the continuous development of society, a large number of people have put forward higher requirements for fitness. At the same time, the corresponding requirements for the fitness-related progress of fitness exercise are also put forward. Many scholars have learned through a wide range of information on fitness and the previous studies on sports in China. As time goes by, people have a more comprehensive understanding and recognition of fitness and sports. Therefore, it is necessary to The art system is heavily screened, which will effectively complement the relevant fitness aspects in all aspects.

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