

# Thoughts on Improving the Health Quality of the Whole People under the Vision of Healthy China

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**Abstract:** Square dance is popular among middle-aged and older groups. Square dance has low requirements for dance foundation, easy to learn and moderate exercise intensity. At this stage, square dance has important practical significance in the “healthy China” system. It is not only an important part of folk fitness projects, but also a promotion. Under the healthy China strategy, the square dance should focus on cultivating the people's health awareness, healthy behavior, healthy ways and strengthening the fitness instructor under the scientific guidance of the government and relevant departments. Scientific guidance for people's exercise, focus on improving the overall quality of square dance exercisers, and guide the healthy and orderly development of mass sports activities, making square dance truly an effective carrier for improving the health quality of the whole people and achieving the goal of national fitness.

## 1. Introduction

The report of the 19th National Congress of the Communist Party of China put forward the "Implementation of a Healthy China Strategy". It is a major strategic arrangement for the Party Central Committee with Comrade Xi Jinping as the core to proceed from the long-term development and the forefront of the times and to uphold and develop socialism with Chinese characteristics in the new era. With the vigorous promotion and popularization of the nationwide fitness construction industry in China, “Healthy China” is mainly to emphasize the comprehensive development of people's health quality, including: healthy society, environment, people and lifestyle. Sports play an important role in improving people's health. Through physical exercise, not only can people's body and will be tempered, but also people's lifestyles can be changed, people can be separated from the busy and busy life, and people can be built healthier. In the current process of vigorously developing the construction of “healthy China”, the development of mass sports has a role that cannot be ignored [1]. Square dance is a mass fitness that benefits the whole people. It has a wide coverage, adapts to diverse groups, and has simple activity areas. Excellent characteristics such as low fitness consumption are of great significance for promoting social harmony, developing mass culture, improving the cultural quality of the masses, and promoting the physical and mental health of the people [2].

The square dance is derived from the traditional dance of our country. Since China's reform and opening up, the economy has developed rapidly. The state and the government have begun to pay attention to the fitness activities of the people and encourage people to participate in the national fitness campaign. Especially in recent years, with the establishment of urban cultural squares, the speed of square dance development has been accelerated. The increase of cultural squares and the improvement of facilities have provided the basic conditions for the masses to participate in the square dance [3]. The original origin of the square dance has not been verified, and it has developed over the years and spread all over the country. The square dance is organized by the masses and is carried out in the square. There are collective fitness activities with music accompaniment. The square dance is different in different areas and the dance forms are different. The square dance is popular among middle-aged and elderly people because it has low requirements on the basics of dance, easy to learn movements and moderate exercise intensity. Square dance has a tendency to be younger, but due to some characteristics of square dance, it is still mostly middle-aged and elderly. China's population aging phenomenon is gradually increasing. Retirement of the elderly in the

square dance not only exercise and can pass the time, which is one of the important reasons for the middle-aged and elderly people to participate in the square dance [4].

Square dance has the following characteristics: the collective nature of participation, square dance is different from other dances and stage performances. Square dance is a group activity as the name suggests. There are more people participating at the same time, ranging from dozens to hundreds of people to group dance. For the form of expression, it belongs to the mass entertainment; the square dance has various forms and the content is simple and easy to learn. The square dance is limited by the venue facilities and the participation crowd is uneven, and the dance form cannot be complicated. There is no high requirement for the participant's dance foundation, and the exercise intensity is not large. Square dances in different cities, because of local ethnic customs, the square dances involved are different, the easy-to-learn content meets the characteristics of the middle-aged and the elderly; spontaneous and self-entertainment, square dance is a spontaneous organization of nearby residents. The participating audio equipments are all purchased by themselves. The purpose of the square dance participants is mainly fitness and entertainment, and there is no other utilitarian purpose. Under the spontaneous organization of the masses, the volunteers lead the dance and have a strong self-entertainment; the facilities are simple, and the square dance can be carried out in the squares, parks and other places in the community, and only simple audio equipment is needed. Participants are free to attend and can participate or leave at any time. Other fitness exercises cost a certain amount of money. For the retired middle-aged and older people, square dance is a better choice [5].

## **2. Square Dance Exercise is the First Choice for Middle-Aged and Elderly People to Improve Their Health.**

With the development of the aging society and the continuous improvement of people's living standards, people's awareness and requirements for health and longevity are increasing day by day, so they actively participate in various fitness activities. As a grassroots mass conscious movement, square dance is one of the crystallizations of mass culture, the original spirit of the masses, the demand for mass sports, and the art of the masses. It is based on sports happiness, with health first as the core, high consciousness as the guarantee, and cluster culture as the carrier. This is the concrete manifestation of square dance practice sports meta-theory. Square dance has developed rapidly with its characteristics, value and extensive mass base, and has become one of the main forms of fitness for all. It has become an effective way and carrier to improve the health of the whole people. Square dance is one of the most engaged leisure sports among middle-aged and elderly people; China has a population of 1.3 billion, while the elderly population accounts for 14.9% of the total population. In other words, China has nearly 190 million elderly people, China. Half of the elderly may be square dance enthusiasts. The square dance teaching videos and the news related to square dances are frequently broadcast on the Internet. The profound reason for these phenomena lies in the huge audience base of square dance. Based on the number and proportion of Chinese people participating in square dance at this stage, square dance can be said to be the king of well-being middle-aged and elderly fitness programs. The amount of exercise is suitable for the physical and health needs of the middle-aged and elderly people. The body of the middle-aged and elderly people is in a recession period. The roots of some young people are also beginning to appear. At the stage, the health status of middle-aged and elderly people in China, many elderly people have different degrees of chronic diseases such as bone. Good quality, osteoarthritis, spinal problems, cardiovascular and cerebrovascular problems, etc. These diseases cause patients to be unable to participate in excessive collisions (soccer, basketball), or to exercise (such as swimming, skiing) where the sports environment is at risk. Exercises with high physical exertion, such as marathons, are difficult to adapt to the cardiopulmonary capacity of middle-aged and elderly people in a short period of time. The square dance exercise intensity is small, the exercise time is fixed, the exercise environment is safe, and many people accompany it to meet the needs of the healthy exercise of middle-aged and elderly people [6].

### **3. In the Development of the Healthy China 2030 System, It Is Necessary to Participate in the Construction of Mass Sports Such as Square Dance.**

Nowadays, the number of people's embers has increased, and the way of life has changed a lot. It has prompted people to seek more activities to spare time. As a form of activity that integrates art and sports, the square dance greatly enriches and invigorates the amateur cultural life of the community residents. First of all, it does not require high venues and equipment. It only needs a U disk and audio and free squares to exercise. Secondly, it does not require high exercise time, without affecting the rest of others, early morning, afternoon, the sport can be carried out at any time in the evening. Square dance provides people with a healthy way to spend their leisure time. In the process of exercising, people cultivate noble moral sentiments, cultivate and beautify the soul, resist unhealthy culture, constantly improve their cultural taste and guide them [7].

Physiologically, square dance as an aerobic exercise not only improves the cardiopulmonary function of the participants, but also enhances the body's immunity, enhances joint flexibility and flexibility, improves body coordination and balance, and investigates Most square dance participants believe that participating in the square dance practice has significantly improved the sub-health status of the body, and has obvious effects on weight control, physical form improvement, immunity enhancement and stress relief. From the perspective of psychology, square dance plays an important role in promoting residents' mental health. In the process of dancing, the attention of the participants will be immersed in the joyful music, focusing on the graceful dance. This is a process of enjoyment, and such exercises can naturally relax. Therefore, frequent participation in the square dance activities will enhance physical fitness, soothe emotions and promote physical and mental harmony [8].

The pace of life of modern people is accelerating, the pressure of study and work is getting bigger and bigger, and the space for people to interact with each other is getting smaller and smaller. Even neighbors may not know each other. People always feel the indifference of interpersonal relationships, but they don't know how to change. The square dance provides a good opportunity for the community residents to realize mutual exchanges. In the process of residents' participation, mutual learning and mutual encouragement are achieved through mutual discussion and exchange of actions, and not only the body is exercised in the process of exercise. Among the people surveyed, there are newly retired cadres and workers, as well as some "empty nest" old people. For these people, square dance can expand their communication range and eliminate their loneliness to a certain extent, let them feel The warmth and harmony of the group; the activities of the old people can also build a bridge for the social interaction of the children and indirectly promote the social interaction of the residents.

### **4. Suggestions for Scientifically Carrying out Square Dance Exercises**

The quality of health of the whole people depends on the individual quality of the whole people. The individual quality of the whole people depends on the individual's healthy behavior, health consciousness and health concept. To improve the fitness effect of the mass square dance, we must vigorously guide the science and reasonable fitness of the whole people.

Increase the number of fitness coaches, guide the exercisers to scientific fitness, professional fitness trainers are the organizers and guides of the movement, in the process of organizing the movement to guide people to use scientific exercise methods, principles, laws, reduce sports injuries Occurrence plays a vital role in the effective implementation of various sports activities, especially the national fitness campaign. According to the investigation of the reality of the pen, almost all the square dance exercise places, mainly one or two people lead the dance in the first row, the exercisers in the back follow the jump, and the lead dancer has no guidance and correction to the followers, causing the exerciser to act. Unfamiliar, incoherent, and non-standard, the participants' fitness effects are greatly reduced. Equipped with a professional fitness instructor is the universal voice of every square dance exerciser. Strengthen the connection between colleges and universities and dances in various town squares. Colleges and universities can use the exercise points of the

town square dance as the base for internships of physical education students, and let the students with high professional skills and organizational management ability act as fitness instructors. This measure also improves the professional internship skills of college sports majors. . In addition, local sports departments and colleges and universities can also open some square dance training classes, so that the excellent backbones of the square dance training points can participate in the training, thereby enhancing the professional skills and qualities of the fitness instructors, increasing the number of fitness instructors and satisfying the fitness of the people. Demand, effectively guide the people's scientific fitness, promote the scientific, standardized and orderly development of mass sports [9].

The opening of the square dance exercise determines that more people in different sub-health conditions join the exercise team. Exercise individuals' ignorance of the physical function of evaluating their own health status determines that sports organizations should regularly organize exercise groups to carry out sports safety knowledge presentations, so that they can master the basic knowledge of exercise load self-monitoring, exercise fatigue self-diagnosis, and correct judgment of exercise load size. Establish a reasonable and scientific exercise prescription for the exercise group. For square dance participants, scientific fitness behaviors and methods must be adopted to ensure the safety and effectiveness of sports. During the daily square dance exercise, the fitness person should pay attention to the exercise time first. The square dance exercise should be carried out 1 hour after the meal, and the dance time should not exceed 1 hour each time. Secondly, pay attention to sportswear and wear loose clothes when exercising. Comfortable shoes; finally pay attention to exercise intensity, square dance exercise is a kind of aerobic exercise, exercise effect with a slight sweating is the best state, not full of sweat. Practice has proved that people can only avoid physical damage caused by exercise if they have a scientific fitness method [10].

The characteristics of the square dance, such as the popularity, self-entertainment and communication, determine the diversity of the square dance content and the scientific nature of the form. Choreographers or dance music should be considered when young people like to be cheerful and lively, older people like to stretch elegantly, women like soft coordination, men like to be bold and heroic. It is necessary to draw the folk dance, modern dance, Latin dance, sports dance, row dance and even ballet dance elements, and integrate into the square dance, making the square dance become a new type of dance, satisfying different levels and age groups. Fitness needs. Square dance not only has a variety of content, but also a rich and colorful style. China is a multi-ethnic country, and it is necessary to fully display the beautiful style and dance of the dances of various ethnic groups. The arrangement should also take into account the scientific nature of the square dance movements, such as the coordination and gracefulness of the movements of the upper and lower limbs, the front and rear dance steps, and the turning. For most square dance enthusiasts who do not have any dance foundation, the action should also consider the combination of difficulty and easy, based on easy and basic movements, so as to be both simple and aesthetic, and take into account the fitness effect. Therefore, only the square dance music style, rich and varied content, simple and scientific dance movements, can ensure the freshness and satisfaction of the square dance exercisers, attract more different groups to participate in the square dance exercise, in order to better guide the public sports steady, Develop in a healthy and orderly manner.

Providing a pleasant and welcoming exercise environment is a prerequisite for ensuring the quality of the square dance. If you exercise in an environment where the voices interfere with each other and the teams quarrel with each other, then the function and function of the square dance will be completely lost, and even social security problems will be triggered, which will affect social harmony. Therefore, the government and relevant departments must scientifically manage and guide the square dance exercise activities. First, the government should proceed from the overall situation and the long-term, scientific planning of the urban public space, and rational layout to cope with the challenges of social aging and people's pursuit of healthy living. Second, relevant departments should formulate and improve rules and regulations, including site delineation, sound volume, time schedule, etc., and should make clear and scientific regulations and publicize them, and then be supervised and managed by relevant personnel to set up reporting telephones. From the system to

regulate and constrain the square dance activities, resolutely put an end to noise pollution and disturb the people. The third is to improve the quality of the square dance exercisers. Strengthen the quality education of public morality, carry forward the traditional culture of the Chinese nation, strengthen the education of socialist core values, and improve the public morality of the people. Strengthen the popularization of laws and common sense. Square dance has been widely loved and sought after by its own value and function. The government and grassroots units should actively advocate this healthy, civilized and harmonious lifestyle and life behavior. Under the scientific guidance of the government and relevant departments, we will focus on cultivating people's health awareness, healthy behaviors, and health methods, strengthen the scientific guidance of fitness instructors on the exercise of the people, focus on improving the overall quality of the square dance exercisers, and guide the public sports activities in an orderly manner [11]. The development of the land makes the square dance truly an effective carrier for improving the health quality of the whole people and achieving the goal of national fitness. It is a beautiful landscape that highlights the historical and cultural heritage of the city and displays the vitality of modern civilized cities.

## 5. Conclusion

Health is increasingly becoming an important factor affecting people's sense of acquisition, happiness and security. A society in which the people's health level is constantly improving is a society full of vigor and vitality and harmonious and orderly. With the economic and social development, the people's demands for health and safety are increasing. Protecting and improving people's health is of great significance for maintaining social harmony and stability and safeguarding the country's long-term stability. Nowadays, China is faced with a complex situation in which multiple disease threats coexist and multiple factors are intertwined. The contradiction between inadequate medical and health development imbalance and the people's growing health needs is more prominent. This requires vigorous implementation of the Healthy China strategy, minimizing health risk factors, comprehensively improving the level of medical and health development, better meeting the health needs of the people, and maintaining people's health in all aspects. At the same time, the formulation and implementation of the "healthy China" development strategy has also provided a good opportunity and peace for the development of mass sports in China.

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