

Research on the Fitness Value of Square Dance for Middle-aged and Elderly People

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Abstract: With the continuous improvement of social living standards, people pay more and more attention to their physical health, especially the elderly, and pay more attention to physical exercise. Nowadays, when performing physical exercises, the elderly generally choose square dance. The square dance is based on aerobic exercise and is a kind of mass sports. It can both exercise and enrich the spiritual world of participants. Square dance is not restricted by the venue. With cheerful music accompaniment, people's bodies can get rhythmic dancing, which will bring positive fitness effects for the elderly. This article takes the fitness of the elderly as the starting point, and actively explores the fitness value of the square dance for the elderly.

1. Introduction

The square dance comes from the life of the masses, that is, the masses are the creators and performers of the square dance. The people not only created the square dance, but also carried it forward. The square dance is a new type of folk art, firmly rooted in the hearts of the people, and has achieved a hundred times. At present, our country is gradually entering an aging stage, and the number of empty nest elderly people is increasing. Elderly people are eager to break the monotonous state of life. It happens that square dance is a collective dance. While dancing square dance, they can also communicate with their peers in time. For a long time, I have gathered with different partners to talk and exchange ideas, exercise and enjoy my sentiment, and make more like-minded friends.

2. Basic Concepts of Square Dance

The so-called square dance is actually dancing on the open space of the square. Specifically, square dance is an aerobic exercise. The main form of presentation is song and dance, which integrates fitness and entertainment. It is a mass activity. There are many types of square dance, which can be divided into square folk dance, square original ecological dance, square aerobics and new square dance. The square dance is a very basic dance. After people have finished a tiring day, they can dance with their partners in the square, and choose a dancer to lead everyone to follow the rhythm of the music and participate in the rhythm of the dance [1]. The moves of the square dance can absorb the skills of various dance types, and adapt the excellent movements of other dance types to create more popular square dance moves.

3. Basic Characteristics of Square Dance

3.1. Strong Self-Entertainment

On a par with professional dance, square dance lacks discipline and organization. It does not require any organization or organization to start. It can rely on personal preferences to complete square dance movements. Most of the square dance participants came together because of their common interests. No matter what the occasion, they could entertain themselves. The square dance dancers did not pursue reputation or utilitarianism. Achieve emotional communication. The square dance participants have emotional resonance when they dance the square dance, which can also achieve the purpose of making friends.

3.2. Strong Innovation

The square dance requires the assistance of music to be completed. The creator of the square dance needs to keep in touch with popular music and use the much-popular music as the compilation material for the square dance dance movement. Square dance is extremely inclusive and can be integrated with a variety of styles of music. Based on this, every square dance hobbyist can arrange dance according to his own heart and music-loving style [2]. In addition, the Department of Square Dance Association also needs to regularly invite some dance professionals to help the people arrange dance music, and use the power of the Internet to lead everyone to learn the skills of square dance. It is precisely because of the integration of various styles of music that the dance steps and dance music of the square dance can be further innovated and bring a freshness to the public. This is why it is loved by the entire public [3].

3.3. Content-rich

The square dance is rich in content and relatively simple in movement. It has a uniform dance pace. As long as each dancer keeps the basic steps consistent, the upper body limb movements can be fully played according to their own preferences. It is not surprising that square dance does not have high professional requirements. It can be performed as long as it can walk. The square dance moves are very simple and are a form of dance that everyone can participate in. The square dance requires the dancers to participate independently. There is no need to strictly agree on the dance time. As long as your time allows, you can join the dance if you want to join the dance. Square dance is more focused on participation, which means that all people participating in square dance activities must maintain a sense of collective participation. Square dance meets the needs of dancers of all ages, and simple steps are extremely easy for the masses to accept [4].

4. Status of Square Dance Development

Nowadays, people's awareness of participation in square dance is gradually strengthened. Square dance has already become an emerging public fitness program, and more and more elderly people have begun to participate in square dance activities. The square dance event is not affected by the area, and the square dance can be seen in cities and villages. At the same time, the square dance movements are constantly being improved, and the movements are gradually developing towards a diversified trend. At present, the participation of the square dance is from the retired aunt to the young and middle-aged women, and of course there is no shortage of young people. It can be found that people have long been aware of the necessary value of physical and mental health from the bottom of their hearts, which means that we are about to enter the era of national fitness, and the concept of lifelong sports is becoming more and more popular.

5. Positive Value of Square Dance for Middle-Aged and Elderly People's Fitness

5.1. Improve Limb Flexibility

Once a person enters adulthood, the body's calcium absorption will gradually decrease, the body excretes too much, and the body gradually enters a period of negative calcium balance. This is especially true for middle-aged and elderly people. As they get older, calcium deficiency becomes more severe. Calcium deficiency can cause bones to harden and even make them more fragile. With exercise, it is easy to have backache and leg pain, and it is more likely to cause fractures. Nowadays, middle-aged and elderly people are eager to participate in fitness activities after dinner. Square dance has become a very good choice. Find your peers to gather in the square after dinner and follow the rhythm of music to begin to twist your wrists, ankles, knee flexion and expansion Chest movements. The strength of the dance moves of the square dance is low, but with a set of dance moves, the body can be effectively stretched, and the flexibility of the body will be improved accordingly. Whenever the body is stretched, the stiff limbs will also become relaxed, and the flexibility of the limbs will be greatly improved.

5.2. Enhance Physique and Effectively Delay Aging

Square dance is actually similar to running, in fact it is aerobic. Therefore, if you persist in the square dance practice for a long time, you can make the respiratory system more unobstructed and the lung function will be further improved. At the same time, it can also promote blood circulation and metabolism in the body, improve the body's immunity from the root, and completely remove toxins accumulated in the body for a long time. In addition, the square dance movement can also effectively improve the digestive system in the body, promote the body's digestion, so as to achieve the full absorption of daily nutrients in the body. Another point is that the continuous square dance movement can also help the optimization of the cardiovascular and cerebrovascular system in our body, make our brain blood supply more perfect, and finally we can achieve sufficient cerebral blood supply, and the heart rate and blood pressure can be effectively balanced. , So as to make the physique stronger, physical diseases will not come to your door, the key is to effectively delay aging. As an elegant aerobic exercise, the elderly will place themselves in beautiful music. The process of dancing and dancing with the rhythm of music is a process of enjoyment, which makes their body and mind more pleasant and emotional. Also got a certain edification. Seeing sisters similar to their own age just like themselves, they twisted their waist and legs rhythmically under the support of music, and instantly felt a sense of being beaten. Square dance music has always been relatively cheerful. Long-term exposure to square dance and square dance music can effectively relieve your stress, ease your emotions, and adjust your life to the best state. The whole person also looks full of vitality. Full look.

5.3. Relieve Fatigue and Eliminate Stress

Once the human body enters the middle-aged and elderly team, the aging problems of various organs of the body also gradually appear. Generally speaking, the elderly's life tasks are more onerous, and when they are working normally, they are also overshadowed by the trivial matters of daily life Of course. The success or failure of the cause, the level of their own positions, and the issue of raising children at home will, to a certain extent, bring unprecedented pressure to the hearts of middle-aged and elderly people. Although middle-aged and elderly people are about to leave the work place or have already left the work place, they are generally not affected by their career. . In addition, the narrowness of the living space in the home will also make the elderly feel lonely like never before, especially with the aging of the body, the elderly are likely to withstand the impact of death. For this reason, the middle-aged and younger people are eager to vent their inner emotions through some kind of movement and eliminate their own pressure. In a sense, the square dance provides a brand new platform and space for the relief of middle-aged and elderly people. After a busy day, I gathered in a certain place with my neighbours. I do n't need a professional stage and lighting. As long as the music is suitable, middle-aged and elderly people can concentrate their energy and devote all their energy. Dive into the square dance. Every square dance participant can actively exchange dance experience with other participants. Everyone completes the square dance movements in laughter and laughter, fully venting the bad emotions in the heart, and the tired body is further stretched. The stress in my heart became less.

5.4. Improve Sleep and Energetic

Looking at the sleep status of most middle-aged and elderly people, it can be found that the sleep situation of middle-aged and elderly people is generally poor. It may be from work pressure, it may be from the pressure of interpersonal communication, or it may be from the pressure in the family. The emergence of various life problems will seriously affect the sleep of middle-aged and elderly people, leading to their quality The decline is not as good as before. Over a long period of time, it is easy to have problems of loss of appetite and mental depression, which seriously affects normal work and daily life. In order to effectively improve sleep, proper exercise is essential. The square dance movement can help improve the sleep situation. As long as you participate in the square dance training regularly every day, you can make the night's sleep more smooth and full. Regarding square dance as a physical fitness activity, to ensure that you have sufficient time to participate in

square dance activities every day, for the elderly, both physically and psychologically, they can enter a relaxed state. After sufficient square dance training, the moment you stop dancing, especially when you return home to bed, you will feel the slightest drowsiness. The pressure and fatigue in your body will disappear without any trace. You will soon be able to enter a high-quality sleep state. Only a sound sleep can help improve the quality of your sleep, so that you can ensure that you will have more energy in the early morning and live a better life with a fuller spirit.

5.5. Fully Active Brain and Enhance Memory

As the human body ages gradually, human memory will also slow down, which is a natural phenomenon. If you want to improve the memory of middle-aged and elderly people, proper participation in exercise is a desirable behavior. When the middle-aged and elderly people dance square dance, they not only need to use their ears to listen to the music of the square dance, but also need to use their eyes to watch the movements of other people who dance the square dance. People firmly understand the movements of the square dance. In the process of comprehending movements, it is actually a process of memorizing movements. Each beat, including the movements of each beat, needs to be carefully understood, and it can only penetrate into the brain after full understanding. Memorizing beats and dance steps can't be done all at once, but it also takes a lot of time to remember repeatedly. The memory process over and over again effectively trains the brain of middle-aged and elderly people, and encourages the brain to participate in actual thinking activities. The brain is applied more frequently, and the overall memory will naturally be improved.

5.6. Shaping Body Shape and Changing Aesthetic Taste

Compared with young people, middle-aged and elderly people are more likely to gain weight, especially some middle-aged and elderly women, whose body fat is increasingly accumulated, which can easily lead to their own body weight. Once the human body becomes fat, it will be more prone to problems such as high blood pressure, high blood lipids and high blood sugar, and even cause a variety of diseases. The emergence of these disease problems will bring extreme damage to the body of middle-aged and elderly people. Negative negative impacts seriously threaten the quality of life of middle-aged and elderly people. As we all know, dance has always had a magical role in shaping the perfect body. Square dance is derived from dance and naturally has the effect of shaping the body. Middle-aged and elderly people insist on dancing square dances for a long time, while exercising, they are happy both physically and mentally. At the same time, they are more conducive to building a perfect body and make their limbs more coordinated. In addition, the training of the square dance pays attention to the spiritual dance, following different music, middle-aged and elderly people can substitute themselves into different music scenes, show beautiful shapes and physical postures, and bring a kind of Comfortable visual enjoyment. Participating in square dance training for a long time, the figure can obviously be improved, and the waist and leg lines have become more beautiful.

Concluding remarks: In general, square dance is an art form that is presented based on dance. The square dance is quite rich in content, but the movement is very simple. It is a collective activity that is suitable for all ages, and it is loved by the whole people. Persistent participation in square dance training can help the development of middle-aged and elderly people's healthy bodies, and it can also greatly promote the relief of psychological stress, which is conducive to middle-aged and elderly people to achieve high-quality social networking. The soothing dance movements make the body of the middle-aged and elderly people more coordinated and stronger, thereby promoting the improvement of the middle-aged and elderly people's physical fitness.

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