



RESEARCH ON THE VALUE OF BODYBUILDING AND BODY-BUILDING SPORTS AND THE ROLE OF HEALTH PROMOTION UNDER THE VISION OF NATIONAL HEALTH MANAGEMENT

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Abstract

The "Healthy China 2030" plan outlines the implementation of the National Strategy for Healthy China, placing people's health as a strategic development priority, and promoting the in-depth integration of national fitness and national health, reflecting the country's high priority for national health. As a very effective sports project to enhance physical fitness, shape body, and promote health, bodybuilding and fitness exercises have been actively developed by various groups. Mainly study the value and promotion of bodybuilding and fitness in the perspective of national health management, and play its unique role in national health from the perspective of bodybuilding and fitness. Adopt the literature method and practice summary method to discuss the effect of bodybuilding on the health of the whole people, including universal health coverage, maintenance of everyone's health, towards a comprehensive well-being, and national health management can help improve and strengthen the physique of the people and lighten the country Medical burden, health exercise, reasonable diet, tobacco and alcohol control, and weight loss for all. Bodybuilding and fitness exercises have a positive role in promoting the health of the whole people. The new rules of bodybuilding and fitness lead the development of the industry and also promote the development of the cause of national health.

Keywords: national health management; bodybuilding and fitness; healthy China; value

Introduction

In recent years, proposals on the theme of general health have appeared more and more during the two sessions of the country, highlighting the society's great concern for the health of the whole people. On March 8, 2019, the "Healthy Chinese" series of roundtable forums hosted by the "People's Network • People's Health" column, in conjunction with the China Health Management Association, held a special forum on "Implementing Comprehensive Health Management and Building a Healthy China for All". Participants are top experts in the field of medicine, and most of them talk about the medical system and health management system from a medical perspective. Many of the contents involve national health awareness and lifestyle habits, and sports interventions. Smart exercise, weight management for overweight or obese people Liu Qingquan, president of the Beijing Hospital of Traditional Chinese Medicine, believes that health management should become a way of life; the 12th CPPCC National Society and the Legal System The deputy director of the committee Zhang Shiping pointed out that the new way of healthy scientific life includes reasonable diet, moderate exercise, good habits, happy mood, active social participation, etc. [1].

To implement universal health

management and build universal health China, we need to combine the health perspective of "medical health intervention" with the sports perspective of "non-medical health intervention".

Both national fitness and medical health have their own emphasis and complement each other [2]. This research is based on the "China Knowledge Network" full-text database as the platform, with "national health management, fitness and fitness, health" Country, value and its promoting role" as keywords to search and search from 2000 to 2019, at the same time check the websites of the State Sports General Administration, China Bodybuilding Association, People's Network, etc. to find and explore more than 30 closely related documents, reference More than 20 of them are organized and analyzed, which provides important theoretical support for the research work. Combined with the work and practice of bodybuilding and fitness teaching and training competitions and organization and management of mass organizations and mass sports, they are summarized and analyzed to make bodybuilding and fitness activities promote the health of the whole people. Further research highlight its value in the health management of the whole people and its role in promotion.

Connotation of National Health Management

National health management is

rich and diverse, involving physical, psychological, ethical and social aspects. The times are developing, and people's cognition and new technologies are constantly deepening and improving to adapt to the pursuit of health and a better life in the new era. The World Health Organization (WHO) was established in 1948. The English literal translation is the World Health Organization. The purpose is to enable people all over the world to obtain the highest possible level of health. Definition of health: Health is not only free from illness and weakness, but also keeping physical, psychological and social functions in good condition.

In 1990, WHO made a new statement on health: it is sound in four aspects: physical health, mental health, good social adaptation and moral health [3]. General Secretary Xi Jinping pointed out at the 2016 National Health and Wellness Conference: Establish the concept of general health and health, transform "treating disease-centered" to "people-health-centered", and put people's health in a strategic position of priority development, An international consensus declaring that the Chinese government and Chinese society are actively integrating into the "Great Health" [4].

The report of the 19th National Congress of the Communist Party of China stated: People's health is an important symbol of national prosperity

and prosperity of the country, improve the national health policy, and provide people with a full range of full-cycle health services [5].

The previously deadly infectious disease can be cured in a few hours. People began to think that the potential of medicine is omnipotent, but the human disease spectrum has quietly changed. Long-term incurable chronic diseases have replaced infectious diseases and seriously threatened humanity. Health, therefore, we need to change our thinking and require medical attention to the health problems of "whole people".

The Value of Fitness In The Perspective Of National Health Management

Bodybuilding and fitness is a unique sport, mainly through strength-based exercise to achieve physical fitness and body shape improvement, and it is also its direct athletic goal, so it has its unique value in health management. The state should formulate a plan to promote health campaigns, scientific and reasonable diet, tobacco control and alcohol restriction, and weight loss for all people. China has come to implement the national health management. With the rising average life expectancy per capita and the need for healthy longevity, Chinese people's health awareness and lifestyles should be changed in many ways.

It is very necessary to carry out national health management actions,

such as national health campaigns, scientific and reasonable diet, tobacco control and alcohol restriction actions, and national Weight loss actions, etc. With the development of the economy and society, the bodybuilding clubs and fitness centers appearing in streets, alleys, and buildings have both social and economic benefits. Bodybuilding and fitness exercises have a unique value for national health management, and bodybuilding and fitness activities are closely related to national health.

Healthy diet, sports nutrition

Muscle volume growth is an art based on high-intensity strength training and intake of reasonable and balanced nutrition. Training and a caloric diet work together on muscles to promote their recovery and growth, including scientific, reasonable, safe and healthy sports nutrition supplements. Academician Wang Longde of the Chinese Academy of Engineering believes that the individual is the first person responsible for health, actively participates in sports exercises, walks his legs and keeps his mouth shut, and proposes "10 tennis balls" that scientific eating is easy to understand, that is, the middle-aged person eats no more than 1 day The meat of two tennis balls, the staple food of two tennis balls, the vegetables of no less than four tennis balls, and the fruits of no less than three tennis balls.

Seven-point and three-point

training is a jargon of bodybuilding and fitness athletes, which shows the importance of scientific and reasonable diet for bodybuilding and fitness exercises. What to eat and how to eat are the basic skills of bodybuilding and fitness athletes, and an important part of scientific training. In order to achieve ideal sports performance and exercise results, it is necessary to learn and strictly implement scientific diet, and self-discipline and standardize daily eating behaviors. General bodybuilders and fitness enthusiasts will model scientifically and reasonably diet in order to obtain ideal body shape and training effect, and form and cultivate scientific and healthy exercise habits. Changing the world starts with changing your weight.

Conclusion

Change the focus on treating diseases into the center of people's health, put people's health at the strategic position of priority development, implement national health management, achieve national health, advocate health campaigns, scientific and reasonable diet, tobacco control and alcohol restriction actions, and national weight loss, etc. It can effectively promote and improve the health quality and awareness of the whole people. It is the strategic foundation for the construction of Healthy China, which makes the Chinese people qualified and high-quality in four aspects: physical health, mental health, good social

adaptation and moral health. Use the four elements of bodybuilding and fitness exercises: scientific exercise, nutritious diet, adequate sleep and psychological promotion factors to enhance physical fitness, improve strength, develop muscles, improve body shape, enjoy the body and mind, and live a good life, to achieve bodybuilding fitness health. Promote national fitness and promote the health of all people. Everyone's health will assemble into a high-quality vision of healthy China.

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