

Research on the Promotion of Traditional Sports to Healthy Aging from the Perspective of "Healthy China"

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Objectives: Since the construction of a healthy China rose to the national strategy, adhering to the road of health and healthy development with Chinese characteristics and taking precautions first, carrying forward the national traditional culture and enhancing the confidence of traditional culture have undoubtedly given strong support to the development of traditional sports health preservation. **Methods:** The aging of the population will inevitably bring a series of contradictions and problems like Domino phenomenon to the society, which brings great pressure and arduous challenges to the country and the government. **Results:** The purpose of healthy aging is to help the elderly achieve maximum independence and minimum dependence, while the elderly care service is to carry out early disease prevention with the goal of healthy aging, and continuously improve the physical function and quality of life of the elderly. **Conclusion:** This paper analyzes and studies the opportunities and challenges faced by the traditional sports health culture from the perspective of "healthy China", discusses the promotion role of traditional sports health preservation on healthy aging, and puts forward the corresponding path selection, hoping to bring some theoretical significance and practical value to the development of traditional sports health culture.

Keywords: Aging; Health; Traditional Sports Health

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Today, with fierce social competition and increasing environmental pollution, the whole earth is under serious threat, and human beings have taken protecting health and optimizing life as a severe test of survival¹. Since the construction of a healthy China has risen to the national strategy, adhering to the road of health and healthy development with Chinese characteristics and taking precautions first, carrying forward the national traditional culture and enhancing the confidence of traditional culture have undoubtedly given strong support to the development of traditional sports health preservation². With the construction of "healthy China" rising to the national strategy, and adhering to the road of health and healthy

development with Chinese characteristics, unswervingly implementing prevention first and combining prevention and treatment, the traditional sports health culture has ushered in the greatest development opportunity since the 21st century³. The purpose of healthy aging is to help the elderly achieve maximum independence and minimum dependence, and reduce the incidence of disability in the elderly, while the old-age service aims at healthy aging to prevent early diseases and continuously improve the physical function and quality of life of the elderly⁴. Although the integration of sports and medicine and the idea that sports are medicine are put forward, the theoretical and practical value of traditional sports health preservation is gradually excavated and applied, and there are various development paths

to choose from⁵. However, there are still many unfavorable factors hindering its practicability and industrialization development, and it is extremely urgent to solve the problems in the development of traditional sports health preservation⁶.

With the rapid development of social economy, people pay more attention to the important role of health, which is also the main body of building a harmonious society, effectively adjusting human body and mind and successfully getting rid of the influence of diseases, so people urgently need health knowledge⁷. Health is a hot topic in today's society, an important symbol of national prosperity and national rejuvenation, and a common goal pursued by the broad masses of the people. With the aging process, the problems of senile degenerative diseases, chronic diseases management and old-age care have become increasingly serious⁸. Healthy China strategy has been upgraded to a national strategy, which has changed from focusing on diagnosis and treatment to focusing on people's health in the past, and promoted the deep integration of national fitness and national health⁹. Traditional physical health preservation is an exercise method based on the body's own body, which brings together the essence of Confucianism, Taoism, Buddhism and medicine, and is the oldest fitness method in traditional fitness sports¹⁰. Modern people can't avoid sports when talking about health, especially the traditional sports culture promotes the healthy development of people to a certain extent¹¹. Traditional sports health culture is closely related to modern people's health concept. Therefore, based on healthy China, this paper discusses traditional sports health culture and its promotion to healthy aging, and further promotes the healthy development of modern people's body and mind¹².

Nowadays, it is easy for people to ignore health problems in the process of rapid development of society, but due to people's gradual awakening of health awareness, people generally begin to pay attention to personal health¹³. The aging of the population will inevitably bring a series of contradictions and problems like Domino phenomenon to the society, which brings great pressure and arduous challenges to the country and

the government¹⁴. First and foremost is the health problem in the aging population. Chinese people's lack of understanding of traditional sports health care, especially health qigong, leads to low cultural identity and low participation of the masses, and the popularization and propaganda of its technical concepts and ideological connotations need to be strengthened¹⁵. Healthy aging is a targeted concept of health put forward under the premise of contemporary aging society, which requires the elderly to improve their life span under the premise of building healthy physical and psychological qualities, not only emphasizing the extension of life span, but focusing on the quality of life health that prolongs life span, and there is a process in which their own health extends to the overall health of society¹⁶⁻¹⁷. This paper analyzes and studies the opportunities and challenges faced by traditional sports health culture from the perspective of "Healthy China", discusses the promotion of traditional sports health culture to healthy aging, and puts forward corresponding path choices, hoping to bring some theoretical significance and practical value to the development of traditional sports health culture.

According to the different time and space of traditional sports health culture, traditional sports health culture can be divided into three modes of communication: within a specific time, within a specific space and across time and space. Chinese traditional sports health care follows the thought of harmony between man and nature, and guides the practice of traditional sports health care from two aspects: the relationship between man and nature, and the harmony and unity inside and outside man. The new media communication makes the inheritance and development of traditional sports health culture evolve to quasi-contractual relationship or contractual relationship, breaks the time and space limitation of traditional sports health culture communication mode, and realizes the crisscross of traditional sports health culture inheritance and development, and the cross-time of communication mode [18]. The "Healthy China" strategy guided by the scientific concept of development is a demand-driven national health development strategy aimed at comprehensively improving the health level of the whole people; It

is a national strategy aiming at achieving the coordinated development of social economy and people's health, and comprehensively maintaining and improving people's health. Chinese national culture is profound and has a long history, which is an important resource and foundation of Chinese cultural soft power. As an important form of Chinese traditional culture and an important carrier of traditional cultural values, national traditional sports bear the hope of inheriting, protecting, integrating and

developing national culture.

The elderly living alone have many inconveniences, and are prone to loneliness and depression, which indicates that the social psychological support of the elderly is also a problem that cannot be ignored in community nursing services. The prevalence of elderly living alone in community was investigated, and the results are shown in Table 1.

Table 1
Diseases of Elderly Living Alone in the Community

Number of disease types	Number of cases	Proportion (%)
0	158	25.56
1	264	42.6
2	119	19.2
3	52	8.4
More than three kinds	27	4.4

Chinese culture is the lifeblood of the Chinese nation, and the characteristic cultural elements of traditional sports health preserving culture are the foundation of its inheritance and development and the support of its sustainable development. Every set of movements or every health-preserving technical movement contains cultural internal factors, such as the story of Hua Tuo and Wuqinxi, the legend of Dharma or Yue Fei and Yi Jinjing, which lacks the nourishment of culture. Traditional sports health-preserving movement is like a tree trunk without branches and leaves, which is the key content of health-preserving in Chinese traditional medicine, and it is also a major topic that modern people pay close attention to. Chinese health preserving culture has a very long history. By analyzing some historical materials and unearthed objects, it is known that traditional health preserving culture appeared in the pre-Qin period. Under the background of cultural soft power, national traditional sports in schools need to grasp service consciousness¹⁹. School national traditional sports is an interdisciplinary subject of education, culture and sports, but its main role is not educat

ion, culture or sports, but students²⁰. With the spread of new media, the social effect of the inheritance and development of traditional sports health culture is to move towards popularity rapidly. In this case, the inheritance and development of traditional sports health culture will face the situation that elites are scarce and masters are hard to come by. Facing the new situation, in order to make more people share health care and make traditional sports health care technology go to the homes of ordinary people, traditional sports health care technology reduces technical difficulty and action essentials.

One of the important characteristics of Chinese traditional sports is that it not only attaches importance to physical exercise, but also attaches importance to its internal cultivation, so as to achieve the purpose of strengthening the body. For traditional sports health culture, we should neither belittle ourselves nor be arrogant, but have proper cultural identity, and love and protect it. In-depth exposition of the essence of culture, always running through national education, protecting and inheriting cultural heritage, intensifying publicity and education, promoting cultural exchanges and mutual learning between

China and foreign countries and other key tasks of inheriting and developing Chinese excellent traditional culture have created a good cultural atmosphere for the development of traditional sports health culture [21]. In this atmosphere, the historical origin, development context and basic trend of traditional sports health culture can be deeply studied, and the inheritance and development system of traditional sports health culture can be formed. With the development of society and culture, the development of culture will be restricted by the existence of social classes, which to a great extent permeates the class consciousness of the ruling class group. Cultural development should serve the interests of the ruling class group.

Chinese traditional sports regimen not only achieves the goal of health through moderate physical exercise, but also attaches importance to the role of rest. Resting to keep fit is a unique understanding different from modern western fitness, and it has become another effective way for modern people to keep fit. There is a close relationship between healthy China and traditional sports health culture. The first is to promote the relationship. Healthy China contains a lot of contents, which promotes the spread of health culture to a certain extent, and retains many traditional cultures. Health planning is used to express cultural characteristics to the people. Chinese traditional sports health culture will also encounter many difficulties in the process of internationalization, among which the main problem is that the values contained in Chinese traditional sports health culture will collide with the values of foreign and native sports health culture itself. The internationalization of Chinese traditional sports health culture is a process of transferring Chinese traditional sports health culture to the international community, which will become increasingly fierce with the increasing demand for health and health in the international community. However, the internationalization of Chinese traditional sports health culture is not a complete international transformation from the inside out, and the values of traditional sports health culture are the cultural connotations that must be adhered to. By integrating with the values

of sports health culture in other regions, Chinese traditional sports health culture can not only keep the basic connotations of its own national culture.

METHODS

"Health Preservation" Needs to Promote the Development and Evolution of Chinese Traditional Sports

Traditional sports health culture is bound to conflict with foreign cultures in the development process. If we want to solve it thoroughly, we need to adhere to the core values, which comprehensively reflect the core value system, which is the basis of self-affirmation of traditional sports health culture. Traditional sports health culture and socialist core values are bathed in the nourishment of Chinese traditional culture, which makes them highly consistent in terms of values. Traditional sports health care pays attention to people's own, human and nature, and harmony between people, while socialist core values emphasize to achieve a good interaction and mutual promotion between people, people and society, and people and natural environment in socialist society. Under the guidance of healthy China, how to serve the current construction of healthy China needs to excavate, sort out and transform the traditional sports health [22]. On the basis of inheriting the essence of traditional sports keeping in good health, modern scientific elements are integrated, so that traditional sports keeping in good health can serve the needs of public health. After thousands of years, Chinese ancestors have preserved body form's traditional sports culture. It originated in ancient society and formed a close relationship with witchcraft, which inevitably contained some mysterious colors and some cultural dross. Chinese traditional sports health preserving, which contains health preserving thoughts, is to cultivate a good and healthy lifestyle. Such as proper exercise, regular work and rest time, light diet, good mentality and mood, etc., can achieve the goal of keeping in good health through traditional physical exercise.

Through a period of exercise of traditional physical health preserving methods, two tests were conducted. Health, clear medical history, normal physical examination, and participation in health

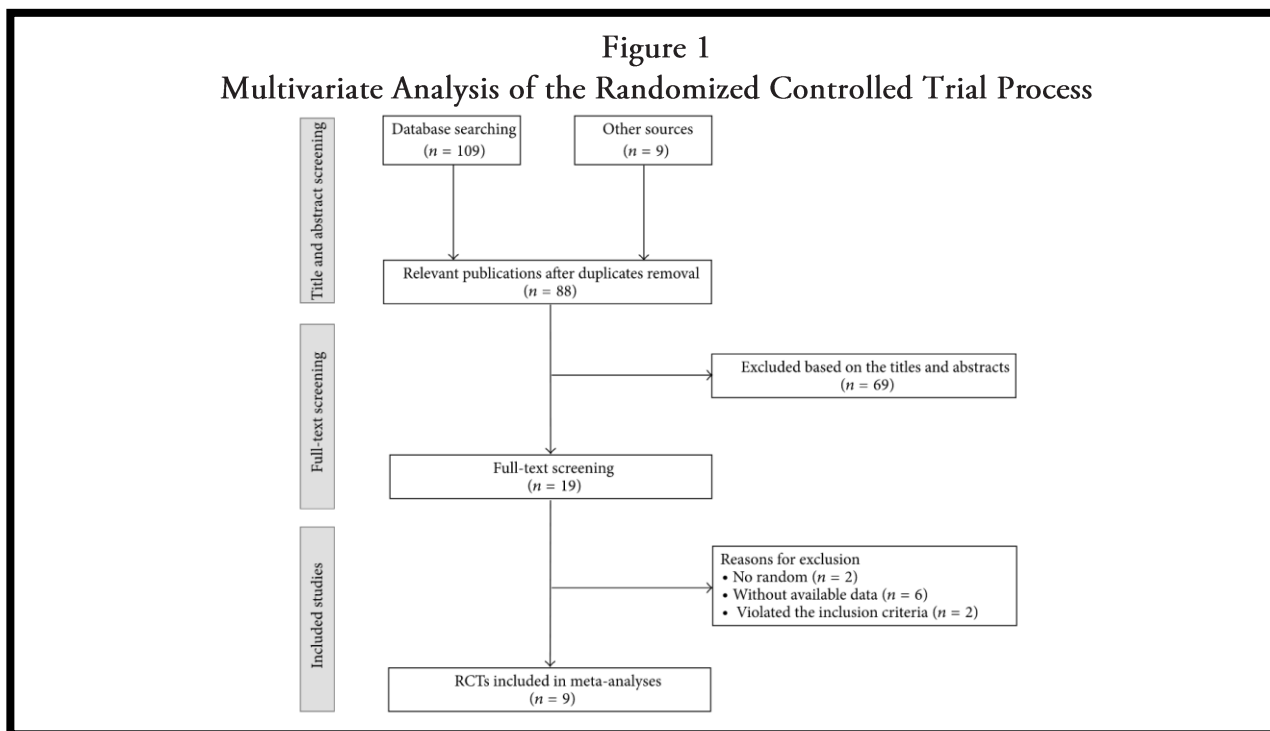
qigong exercise were the selection criteria. The basic information of subjects is shown in Table 2.

Table 2
Basic situation of subjects

Gender	Height (cm)	Age	Weight(kg)
Male	174.2±3.7	55±0.98	69±5.1
Female	161.3±3.5	55±1.01	54±4.6

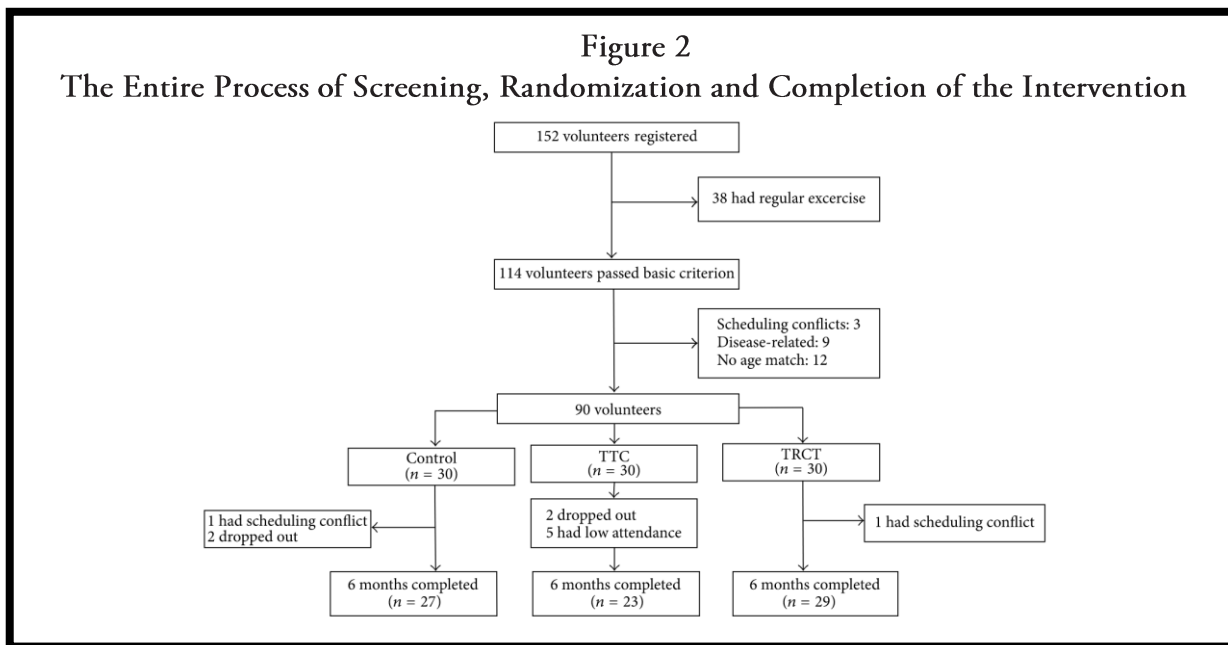
Compared with the data measured on the three-dimensional measurement platform, on the stability training pad, the maximum displacement in the chemical direction of the elder sister and the traditional sports regimen

group standing on one foot regardless of open eyes or closed leisure increased, but there was no significant difference. Figure 1 is a randomized controlled trial flow of multivariate analysis.



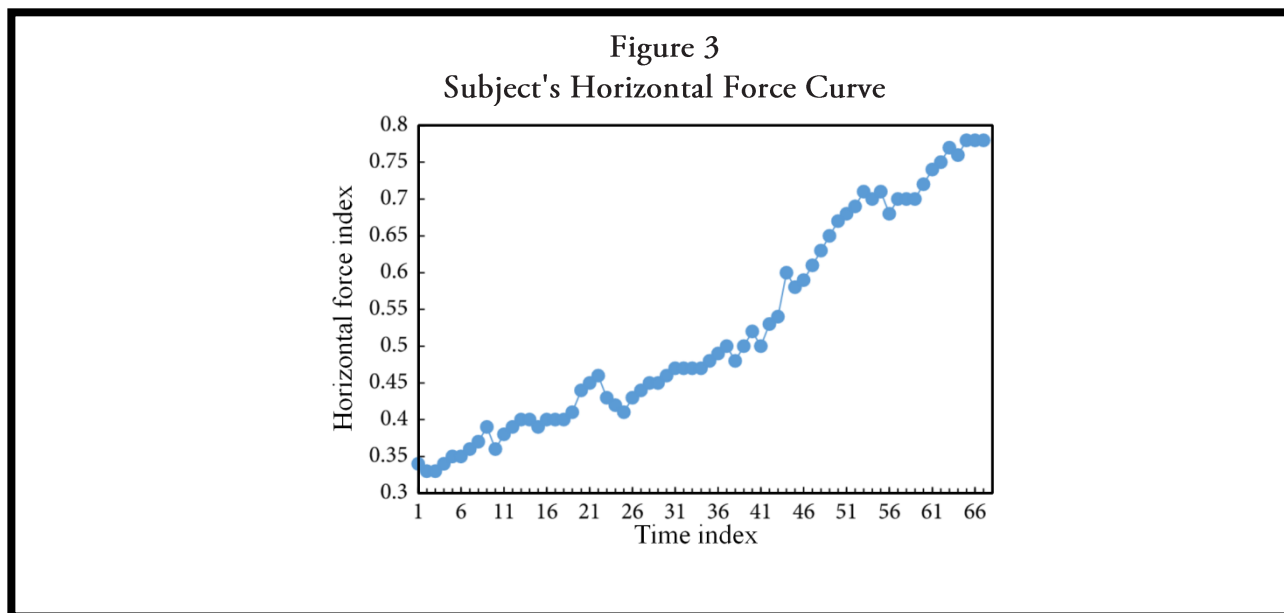
Balance ability refers to the comprehensive coordination ability of the body to stimuli from vestibular organs, muscles, tendons, proprioceptors in joints and vision. The adjustment of the sense of balance in human

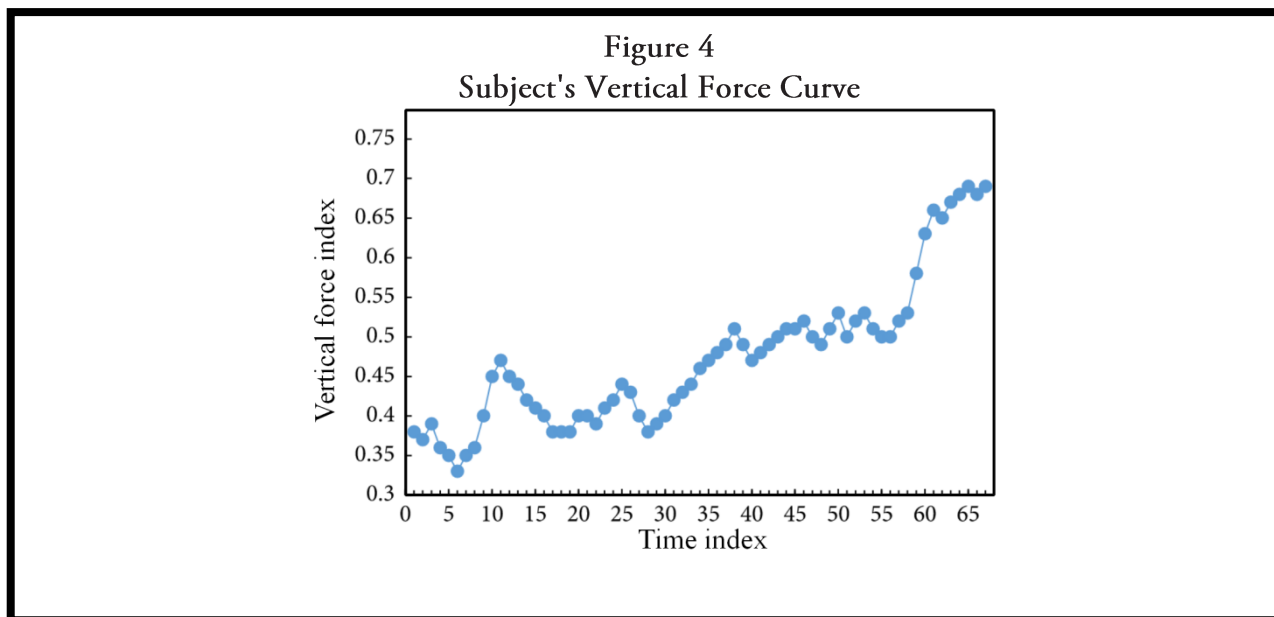
body is performed by vestibular organs composed of three semicircular canals, oval sac and saccule of inner ear. Figure 2 shows the whole process of test screening, randomization and intervention.



In all subjects, the horizontal component points to the side, which also slows down the forward movement of subjects. The left foot

hinders the forward movement. We tested the force on their feet. The horizontal and vertical force curves are shown in Figure 3 and Figure 4.





In the process of internationalization of Chinese traditional sports health preservation culture, it will inevitably collide with the values contained in foreign and native sports health preservation culture. To deal with this conflict, we must resolutely adhere to the principle of one persistence and one opposition. Socialist core values are the core of the socialist core value system, which embodies the fundamental nature and basic characteristics of the socialist core value system, reflects the rich connotation and practical requirements of the socialist core value system, is a highly concise and concentrated interpretation of the socialist core value system, and is the foundation of self-identification of cultural values in Chinese traditional sports health culture. Because of the ideological tradition, the old people have worse ability to adapt to new things, and they are more confused about society²³. Traditional sports health-preserving culture will serve all mankind as its ultimate goal. Western sports culture cannot achieve the Millennium history of the combination of sports and medicine. Dialectically implemented health-preserving thoughts also fully demonstrate the legends of traditional culture, and the advanced sports highlighted are beyond the reach of Western sports culture.

Chinese Traditional Health Keeping Sports and Health Management of the Aged

Facing the impact of multiculturalism, we should take a clear stand on our own culture and seek innovative development based on our own culture. Therefore, the innovation and development of culture needs to give full affirmation and self-confidence to one's own culture, that is, cultural self-confidence. Cultural self-confidence means being proud of the traditional sports health culture, fully recognizing the current traditional sports health culture, and having full confidence in the future development of the traditional sports health culture. Traditional sports health-preserving culture brings together ancient Chinese philosophy of Confucianism, Taoism and Buddhism and ancient Chinese medical thought. It has its own unique cultural system and plays a certain role in promoting social development and maintaining social stability. Traditional physical therapy is different from general physical exercise²⁴. In addition to the preventive function, traditional health sports also provide diversified choices and feasible methods for the prevention and cure of diseases. On the basis of "combination of medical care and health care" and "combination of physical education and health care", the role of sports prevention and rehabilitation in the management of chronic diseases of the elderly is

strengthened, and the old-age health intervention mode of "traditional health care sports+medical care+old-age care" is put forward. Traditional sports health-preserving culture is a body-preserving culture practiced by Chinese ancestors in the historical process of thousands of years. It originated in ancient society, and is closely related to witchcraft, which inevitably brings some mysterious colors and some cultural dross. The fast-paced social life makes people's physiology and psychology unbalanced. Traditional sports health care can adjust psychology, balance mentality, relieve social pressure, promote the harmonious development of society, and be more conducive to carrying forward and inheriting China's excellent traditional culture.

People's aging begins with the brain first, and the brain of the aging person shrinks and degenerates. If we can persist in using the brain more often, we can delay the degeneration of the brain and prolong the life of the brain cells. Reliability reflects the stability or reliability of measurement tools, which is generally evaluated by reliability coefficient, that is, the correlation coefficient of two measurement results is taken as reliability coefficient. The overall coefficient of the elderly health evaluation index system is 0.75, which shows that the overall evaluation index system has high internal consistency. The dimensions and overall reliability coefficient of the health-related index field evaluation system are shown in Table 3.

Table 3
Various Dimensions and Overall Reliability Coefficients of the Health-Related Finger Field Evaluation System

Dimensions	Number of indicators
Activity ability	18
Somatic function	11
Emotional character	10
Memory function	5
Healthy behavior	7
Social adaptability	8

In the process of modeling sports balance biometrics by training traditional sports keeping in good health methods, according to the above formula, it can be concluded that:

$$d = 2r_b \left(\frac{\sqrt{2}\sigma_R B}{2\sigma_{td}} \right)^{1/\beta} \left(\frac{\sqrt{2}\rho_0 D^2 n k^{-2\gamma} l_e B}{16\sigma_{cd}} \right)^{1/\alpha} \tag{1}$$

The mechanical model of muscle and meat contraction is as follows:

$$W_j = 1 + k \sum_{i=1}^n f_{ij} \ln f_{ij} / \sum_{j=1}^m (1 + k \sum_{i=1}^n f_{ij} \ln f_{ij}) \tag{2}$$

Construct the rotation moment generated by muscle contraction force on the joint;

$$W_j = d_j / \sum_{j=1}^m d_j \tag{3}$$

$$E_{RME} = \sqrt{\frac{1}{P} \sum_{p=1}^P (E_p)^2} \tag{4}$$

Combined with the relationship between traditional sports regimen training and the factors affecting the sports balance of the elderly, the sample matrix of sports balance caused by traditional sports regimen training is obtained:

$$Q = y_0 + \frac{A}{w\sqrt{\pi/2}} e^{-2((w_0-x_c)^2/w^2)} \tag{5}$$

Community health service institutions should expand various forms of mental health services, and extend the scope of service objects, from the mentally handicapped to the general population. The general situation and physiological functions of the respondents were analyzed by single factor,

Table 4
Stepwise Regression Analysis of General Conditions And Physiological Functions

Variable	Partial regression coefficient	Standardized partial regression coefficient	Standard error
Self-care ability	-12.11	-0.48	2.51
Troublesome problem	-2.87	-0.21	0.79
Medical expenses	2.55	-0.28	1.37
Nursing needs	-6.78	-0.22	2.59

After retirement, the elderly feel empty and lonely because their children are busy with work and have more free time. The aging promotion of Chinese traditional Wushu can not only enrich the amateur cultural life of the elderly, but also help the elderly to form sports groups and exchange groups. The important ideological guarantee for the development of Chinese traditional sports health culture is that leaders at all levels pay enough attention to the development of Chinese traditional sports health culture. Traditional sports culture is a whole composed of parts that can be clearly expressed and parts that cannot be clearly expressed in words²⁵. What can be clearly expressed is called explicit knowledge, which can be spread by new media communication, and what cannot be clearly expressed by language is called unspeakable knowledge, which is the obstacle that new media communication cannot overcome. Although the physiological function showed a gradual decline with age, the overall physical condition was acceptable, so the community became their main activity and social place²⁶. At this stage, traditional health-preserving sports methods are used to carry out sports intervention and delay the occurrence and development of diseases. Chinese researchers actively carry out cooperative research from various aspects, which increases the intensity of studying their own culture and forms the health view of traditional sports culture. At the same

time, we should actively publicize traditional sports culture, formulate relevant policies and smoothly promote multidisciplinary research. Only in this way can we attach great importance to the cultural impact, treat the health culture correctly, and effectively integrate the local and foreign sports health culture.

DISCUSSION

Under the development situation of healthy China, the traditional sports culture has played an important role. In the future healthy development process, China has put forward more stringent requirements for life expectancy and infant mortality. With the development of the times and the progress of science, traditional sports health culture has been widely concerned. It is necessary to vigorously excavate and sort out traditional sports health culture, promote the development of traditional sports health culture, make traditional sports health culture adapt to the needs of the development of the times, and make better use of it in modern society. Under the multiple challenges of new media communication breaking the path of inheritance and development, the cultural identity barrier under the impact of multiculturalism and the collision of values brought about by the international background, only by adhering to the core values of socialism with Chinese characteristics, attaching importance to primary color teaching to make up for the lack of culture, and enhancing cultural self-confidence

to enhance cultural identity, can the traditional sports health culture calmly cope with the challenges and seize the historical development opportunity of policy superposition. It is suggested that China should establish a social support network based on family support, community health care and institutional maintenance, and on this basis, pay attention to meeting the health service needs of the elderly in different situations to improve the quality of life of the elderly.

Human Subjects Approval Statement

This paper did not include human subjects.

Conflict of Interest Disclosure Statement

None declared.

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