

Research on the Integration Strategy of National Fitness and Healthy Elderly Care Against the Background of Healthy Aging

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ABSTRACT

With the increasing trend of population aging, the implementation of healthy aging strategies is particularly important. Healthy aging emphasizes promoting the health, participation, and safety of the elderly to enhance their quality of life. The integration of national fitness and healthy elderly care is one of the effective ways to achieve healthy aging. This article aims to explore how national fitness activities can be combined with healthy elderly care to promote the physical and mental health and social participation of the elderly.

Keywords: Background of aging population, National fitness and healthy elderly care, Fusion research.

1. INTRODUCTION

As a means of improving public health, the promotion of national fitness is particularly crucial among the elderly population. This not only helps elderly people improve their physiological functions and prevent chronic diseases, but also helps them maintain social connections, enhance mental health, and achieve healthy elderly care. However, there are still many challenges in the effective integration of national fitness and healthy elderly care, including how to design fitness programs suitable for the elderly, how to establish an effective connection between fitness and elderly care services, and how to formulate supportive policies.

2. THE THEORETICAL FRAMEWORK OF HEALTHY AGING

2.1 The Concept and Connotation of Healthy Aging

Healthy aging is a comprehensive concept that advocates providing supportive environments and opportunities for the elderly to enhance their health, participation, and sense of security, thereby

enabling them to continuously contribute their value. This concept opposes the traditional notion that elderly people passively receive benefits and rely on society, emphasizing that they are still healthy participants in social activities. Under this framework, elderly people are encouraged to maintain physical and mental health, participate in social and cultural activities, and utilize their experience and wisdom to participate in social construction, in order to maximize their self-worth and social value.

2.2 Healthy Aging under the International Framework

At the international level, the theoretical framework of healthy aging is mainly proposed and promoted by international organizations such as the World Health Organization (WHO) and the United Nations. The WHO defines healthy aging as the sum of processes that involve optimizing opportunities for health, participation, and safety to enhance the quality of life for older adults. The strategy of healthy aging should not only address the challenges brought by the aging population, but also utilize its potential to contribute to social development. The international community promotes healthy aging through a series of public policies, such as developing elderly education,

providing flexible retirement arrangements, and encouraging lifelong learning.

2.3 Policy Support for Healthy Aging

The policy framework for healthy aging emphasizes promoting the health, participation, and safety of the elderly through the development of favorable policies. These policies cover multiple fields such as public health, social security, urban-rural planning, and community services. Policies can include providing health checkups, preventive medical services, conducting fitness activities, and establishing elderly friendly communities. At the same time, policies also encourage elderly people to continue education and vocational training, improve their skills, and enhance their sense of social participation. Through the implementation of these policy measures, healthy aging aims to create a society where everyone can enjoy a healthy and healthy life.

3. THE POSITIVE IMPACT OF THE DEVELOPMENT OF NATIONAL FITNESS ON THE ELDERLY

3.1 Improving the Physical Health of the Elderly

The promotion of national fitness activities has a significant health impact on the health of the elderly. With the growth of age, the physical function of the elderly gradually declines, and they are prone to a variety of chronic diseases. Participation in fitness activities can significantly improve the cardiopulmonary function, muscle strength, flexibility and balance ability of the elderly, thus contributing to the prevention and treatment of cardiovascular and cerebrovascular diseases, diabetes, osteoporosis and other common diseases of the elderly. Regular physical activity can also improve immune system function and reduce the risk of illness in elderly people. Through national fitness, elderly people can maintain and improve their physical health, slow down the pace of physiological aging, improve their ability to take care of themselves, and thus better enjoy their elderly life.

3.2 Improving the Mental Health of the Elderly

National fitness not only helps to improve the physical health of the elderly, but also has an important impact on their mental health. Regular

physical activities can effectively reduce the stress level of the elderly, alleviate symptoms of depression and anxiety, and enhance psychological resilience. Physical exercise during fitness activities can stimulate the release of neurotransmitters such as endorphins in the brain, helping elderly people maintain an optimistic mindset. At the same time, social sports activities such as square dancing and Tai Chi can also provide social platforms, reduce loneliness and isolation, and enhance the satisfaction and happiness of life. Therefore, national fitness helps to form a healthy psychological state and promote the psychological well-being of the elderly.

3.3 Promoting Social Participation of the Elderly

With the popularization of national fitness, more and more elderly people are integrating into society by participating in various fitness activities. This participation not only allows elderly people to find a sense of belonging in sports activities, but also provides opportunities for them to interact with society, especially retired elderly people who can effectively avoid social isolation through this method. When elderly people participate in group fitness activities, they can make new friends, share life experiences, and receive emotional support to improve their quality of life. In addition, elderly people can inherit the concept of healthy living to the younger generation by participating in fitness, becoming advocates for healthy living in families and communities.

4. STRATEGIES TO PROMOTE THE INTEGRATION OF NATIONAL FITNESS AND HEALTHY ELDERLY CARE

4.1 Policy Support and Resource Integration Strategy

Policy support and resource integration are key links in promoting healthy aging, and this strategy emphasizes the role of the government in formulating and implementing policies that benefit the physical and mental health of the elderly. Specifically, the government can reduce the economic burden of elderly people participating in fitness activities through measures such as financial subsidies and tax reductions, making various health promotion activities more accessible to all elderly people. Such policies can also incentivize the

private sector to invest in fitness facilities and services for the elderly, creating more fitness products and health services suitable for their use. Taking Singapore's "Active Happy Age" program as an example, it not only provides material facilities, but also a comprehensive and multi-dimensional service system. The government coordinates resources from multiple departments such as health, sports, and social welfare, and provides a chain service system. This model not only provides convenient fitness places for the elderly, but also forms a continuous system of caring for the health of the elderly through regular health examination and nutrition consultation, which effectively improves the health management ability of the elderly and promotes healthy aging.

At the same time, the government can also play a guiding role in promoting community centers, non-governmental organizations, enterprises, and other social organizations to participate in the integration of national fitness and healthy elderly care. For example, through government guidance and support, community centers can collaborate with nearby medical institutions to provide health lectures, sports activities, and regular health checks for the elderly in the community. This cross departmental and cross domain cooperation not only enables more efficient use of resources, but also provides more personalized and caring services for the elderly. In addition, cross departmental cooperation can also innovate service models, such as using mobile health applications and online health platforms, to extend fitness and health management services to the homes of elderly people, especially for those with limited mobility or living in remote areas. This is an extremely important service innovation. This service integration enables elderly people to receive coherent and comprehensive health support no matter where they are, effectively promoting healthy elderly care.

4.2 Health Education and Behavior Guidance Strategies

Health education and behavior guidance strategies are committed to cultivating correct health concepts and self-management habits among the elderly, which is crucial for improving their quality of life. In modern society, information flows rapidly, but there is also a large amount of unverified health information, which requires health education to provide scientific and accurate guidance. Health and fitness information released

through authoritative channels such as government, health organizations, and professional institutions is more easily trusted and accepted by the elderly. TV and radio are traditional media with wide coverage, especially in remote areas, and are still effective channels for information dissemination. Internet media, especially social networking platforms and specialized health education websites, can provide more interactive and real-time health information for urban and elderly people who are proficient in using the Internet.

Taking China's "Healthy China Action" as an example, this action not only popularizes basic health and wellness knowledge, but also emphasizes health education for the elderly population, including the prevention and management of chronic diseases, nutrition and diet, daily exercise, and other content. Through lectures and workshops held in the community, elderly people can have the opportunity to communicate face-to-face with professionals, and this direct interaction is very effective in deepening their understanding of health knowledge. In addition to spreading knowledge, guiding practical behavior is equally important. Setting up health challenges and fitness expert certifications not only increases the fun of health activities, but also stimulates the enthusiasm of elderly people to participate through positive incentives. This type of incentive mechanism can be simple records of fitness times, walking challenges, or regular physical fitness assessments. By giving small rewards or commendations, the elderly's sense of achievement and self-efficacy can be improved, making them more willing to continue participating in fitness activities. In addition, the support of family members and friends is also an important factor in guiding elderly people to develop healthy behaviors. Families can help elderly people practice health knowledge in their daily lives by participating in fitness activities together and encouraging healthy eating. In addition, community support networks, such as elderly mutual aid groups, fitness clubs, etc., not only provide social spaces for the elderly, but also an important driving force for their healthy lifestyle.

4.3 Technology Application and Innovation Service Strategy

Technology application and innovative service strategies are effective means to address the challenges of aging in a healthy manner, utilizing modern technological innovation to improve and

enhance the health management and quality of life of the elderly. With the development of technologies such as the Internet of Things, artificial intelligence, and big data analysis, the role of technology in national fitness and healthy elderly care is increasingly prominent. Intelligent fitness devices and applications can provide real-time monitoring of physical activity, analysis of health data, or remote medical consultations, which is a huge blessing for the elderly. Taking the application of smart wristbands as an example, smart watches can not only monitor heart rate, step count, and sleep quality, but also provide appropriate exercise advice based on the user's physical condition. In addition, some applications allow users to set personal health goals and provide customized health plans, thereby encouraging users to continue exercising.

The virtual reality fitness project in South Korea is a model of combining technology and national fitness. By simulating various environments and scenarios, elderly people can engage in various fitness activities without going out. This experiential fitness activity not only improves safety but also adds fun. This is a great choice for elderly people who have limited mobility or are unwilling to go to traditional fitness venues.

In addition, big data analysis also shows great potential in personalized health management. By collecting and analyzing health data of the elderly, health management institutions can not only understand the overall health trends of the elderly population, but also provide personalized health recommendations. For example, community health management centers can customize nutrition and disease management plans for the elderly based on their activity levels, dietary habits, chronic medical records, and other data. This service can not only help the elderly better control and manage their health status, but also greatly improve their satisfaction with health and elderly care services.

5. CONCLUSION

With the intensification of population aging, addressing the challenges of aging in a healthy manner and promoting the deep integration of national fitness and healthy elderly care has become an important issue in social development. The integration of national fitness and healthy elderly care is a systematic project that requires the joint efforts of the government, society, families, and individual elderly people to continuously explore the path of healthy aging. It is believed that a

healthier, more energetic, and harmonious elderly society will come, and the future of the elderly society will be even better.

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