

Research on the path of improving farmers' physical health level under the rural Revitalization strategy

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Abstract: The improvement of farmers' physical health level under the rural revitalization strategy is an important goal of rural sports work in the new era. Under the rural revitalization strategy, the physical health level of farmers should be improved from enhancing the physical quality of the whole people, improving the quality of life and promoting social harmony. Through the implementation of "Everyone participation, lifelong exercise" program and universal aerobics activities, the rural residents can achieve physical and mental development, and so as to strengthen the fitness venues and facilities, improve the fitness environment and conditions, to meet the growing material and cultural needs of different groups.

Keywords: Farmers' physique; Rural revitalization; Health level

As China's economy enters a stage of high-quality development, the per capita disposable income of urban and rural residents is growing continuously, and the process of urban-rural integration is accelerating, people pay more and more attention to their health. At present, in rural areas, especially in the vast rural areas, due to the influence of natural environment and other factors, rural residents have poor physical quality, weak sports awareness, lack of scientific exercise habits and methods, restricting the improvement of their quality of life. The physical health level of farmers is one of the key issues in China in the future. Promoting the sustainable and healthy development of rural residents has been included in the national policy system and has gradually become an important task. But for a long time, China has not carried out a comprehensive and systematic monitoring and evaluation work for farmers, which also hinders the social harmony and stability, thus seriously affecting the pace of the construction of a new socialist countryside. At the same time, it is not conducive to the realization of building a harmonious society. Therefore, how to strengthen the investigation and research of the health status of rural residents, grasp the current physical status changes of rural residents in China, and take effective measures to guide and manage them, has become a major issue that must be solved in front of us.

1. Analysis of Farmers' Physical Health Level

1.1 Overall Situation of Farmers' Physical and Health Level

In recent years, with the rapid development of China's economy and society and the promotion of urbanization process, farmers' income continues to grow, and residents' income and income level are increasing day by day, which drives the change of residents' consumption expenditure structure, and greatly improves the consumption level of urban residents. The physical health level of farmers reflects their economic income status and their quality of life to some extent, which is one of the important factors affecting their physical health. At present, the overall physical quality of rural areas is poor; a considerable number of farmers have chronic diseases such as hypertension, and diabetes and chronic diseases. All these directly affect the normal operation of the daily life of farmers' families, bring heavy economic burden to the local people, and even threaten the prospect of agricultural production and farmers' income increase. Therefore, how to improve the physical quality of rural residents has become the focus of the current government needs to pay attention to.

1.2 Analysis of the Causes of the Low Physical Health Level of Farmers

According to the available data, although the concept of farmers' health has changed in recent years, it still focus on passive acceptance, and most people still think that they are more suitable for physical exercise than other groups. Although some farmers can insist on participating in sports, but often not willing to participate in some intense sports activities for a long time or weekly, resulting in body fatigue, muscle pain and other phenomena, not only can not promote the metabolic function of the body, but will aggravate the condition. In addition, with the acceleration of people's pace of life, many farmers also suffer from various kinds of occupational diseases

due to overwork, such as cervical spondylosis, periarthritis of shoulder, lumbar muscle strain and so on. In addition, due to the lack of necessary exercise means and scientific methods, most farmers are often in a state of overwork, resulting in a decline in immunity and reduced resistance. If no effective measures are taken to prevent it, it is easy to induce a variety of chronic respiratory system and cardiovascular system diseases.

2. Construction of the Path to Improve Farmers' Physical Health Level

2.1 Establishing a Guarantee Mechanism for the Improvement of Farmers' Physical Fitness and Health Level

Through establishing and perfecting the relevant system, improve the urban and rural residents sports fitness service system construction, covering the whole society, the national fitness activities network, the implementation of "everyone shall have access to basic public services" project, increasing the enthusiasm of the people to participate in public sports facilities service, promote the coordinated development of urban and rural sports undertakings. Focusing on rural communities and administrative villages, various forms of mass physical exercise activities will be carried out, and square dancing, Taijiquan and other sports will be carried out to enrich the spiritual and cultural life of the elderly. At the same time, we will strengthen supervision and guidance to the masses of residents, guide the masses to establish correct awareness of fitness, popularize scientific aerobics, adhere to the concept of health first, cultivate noble moral sentiment, and improve the physical quality of the whole people. We will focus on improving the material and cultural living standards of both urban and rural residents. Encourage farmers to actively participate in physical exercise in production and labor, advocate rational use of sports equipment; advocate civilized and orderly sports, promote physical and mental health, develop good living habits, actively exercise, and improve their own ability.

2.2 Creating Modern Sports Programs Suitable for Farmers

China is a big agricultural country, with unique natural environment advantages, a wide variety of crops, and wide distribution, agricultural time and short, which determines that there is a huge difference between traditional agriculture and modern agriculture. In order to realize modern agriculture, we must take planting industry as a basic industry, make it form a complete industrial chain, and drive the development of emerging industries such as agricultural products processing industry and food manufacturing industry. The creation of modern sports suitable for farmers can meet the growing demand of farmers, increase their income and expand employment, provide the large number of quality and safe agricultural and sideline products for the country, to promote the coordinated development of regional economy and enrich the spiritual and cultural life of the people, enhance the physical quality of people, to improve the competitiveness of the city, so as to promote the construction of a new socialist countryside and the building of a moderately prosperous society in an all-round way.

2.3 Innovating the Sports and Fitness Mechanism for Rural Residents

Vigorously promote excellent national traditional sports in recent years, with the rapid development of China's economy and society, especially since the reform and opening up, emerging around some unique folk martial arts performances and colorful folk entertainment activities, such as: dragon dance, rope skipping, swing, wrestling and other folk artists will these traditional customs into the popular competition. This novel and unique way has not only activated the local sports undertakings, but also greatly stimulated the enthusiasm of farmers to participate in physical exercise. In addition, by holding various kinds of sports meetings and various recreational and sports activities, it has further improved the grassroots sports facilities and facilities, accelerated the pace of rural infrastructure construction, effectively solved the shortage of public venues and the lack of necessary venue equipment in some areas, and created favorable conditions for the masses to participate in various outdoor activities. Therefore, we should pay attention to mining the potential value of existing projects and conduct scientific development and utilization to meet the needs of different levels of population.

3. Countermeasures to Improve the Level of Farmers' Physical Health

3.1 Strengthening Physical and Health Education for Farmers

Farmers' physical health knowledge is the basic requirement for farmers to master the methods and skills of physical exercise and enhance their physical quality. While comprehensively promoting quality-oriented education, we should incorporate national fitness into the overall layout of national quality, constantly promote the construction of socialist spiritual civilization and the transformation of economic development mode, and promote the all-round development of people. It is necessary to strengthen the publicity and education of farmers' physical exercise awareness, interest and habits from many aspects, so that farmers can develop good fitness habits, and take it

as an important content of the physical education work of students in the rural compulsory education stage. Carry out mass fitness activities to raise farmers' self-protection awareness; focus on improving the health condition and enhance their ability to resist disease risks; and actively popularize health care knowledge. Cultivate the ability to exercise, do scientific exercise, enhance physical fitness, adhere to regular and quantitative physical exercise every day, master moderate physical function and healthy lifestyle, and maintain the level of physical and mental health.

3.2 Improving the Physical Health Level of Farmers and Improve the Sports Quality of Rural Society

Establish a high level village sports team or fully equipped village sports backbone team, organize them to learn relevant laws and regulations, understand the rules of sports, strive to improve the quality of the team, and actively carry out various forms of distinctive mass sports cultural activities. Villagers are encouraged to actively participate in sports competitions, give full play to their own strengths, show their personal style, enrich their spiritual life, and form a positive and strong atmosphere. Regularly carry out the "Five Good Families" activities, advocate new civilization and set a moral benchmark. Guide farmers to consciously practice civilized etiquette, do law-abiding models, and promote social ethics. In combination with the construction of the new countryside, farmers should be guided to engage in beneficial sports projects suitable for their own characteristics in a planned and step-by-step way, and gradually achieve the goal that everyone can accept advanced sports competition.

4. Conclusion

The improvement of farmers' physical health level under the rural revitalization strategy is not only related to the modernization process of agricultural production, but also related to the sustainable development ability of China in the future. It is of great significance to realize agricultural modernization and build a harmonious society. We should attach great importance to the important role of sports in promoting the construction of a new socialist countryside. At the same time, we will strengthen supervision and inspection of the national fitness guidance services and the implementation of relevant policies. Governments at all levels should attach great importance to, strengthen leadership, establish and improve corresponding systems, take effective measures to ensure the smooth implementation of all projects, and strive to make due contributions to promoting the comprehensive, coordinated and sustainable development of the economy and society.

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