Research on the Fairness and Security of National Fitness

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Abstract: This paper summarizes the related content of the fairness and security of national fitness, and then puts forward several suggestions and measures to effectively protect the fairness and security of citizens' physical exercise.

1. Introduction

The fairness and security of national fitness mainly refers to the need for people to physical exercise, the government departments are divided into the fitness places within the public scope of the residents, and set up a certain fitness equipment to meet the needs of people's fitness. The service provided by the government for citizens has a certain public nature, as well as relativity and welfare. Therefore, the government should pay attention to the fairness and the effective play of the role of security while carrying out such activities, to avoid serious social contradictions in the process of the implementation of the national fitness.

2. Analysis on the current situation of fairness and security of national fitness in China

The national fitness campaign vigorously promoted in our country, it greatly enriched the life of the people, but in the process of the activity, its results in fairness and security are not ideal, mainly in the following three aspects: First of all, the urban and township citizens' fitness funds investment difference is large. People in urban areas, because of the more developed economy, have a very high enthusiasm for physical exercise, the government corresponding public sports facilities more investment, it meet the needs of the citizens. However, there is less investment in such facilities in the rural areas, and in the remote areas people do not pay attention to sports fitness activities, lack of fitness awareness, some of the commercial fitness agencies, such as the fitness gym and the natatorium, are not widely used in remote areas. Therefore, the fairness and security of urban and township in fitness investment are significantly different. The second is the part of the public sports fitness activities have a big difference in different age groups. National fitness activities have more marginal fitness activities, such as: rock climbing, shooting, and so on. And the government also gave the economic subsidies for such activities, so more and more people began to participate actively in this kind of activities with certain excitant and difficulty. However, due to the requirements of the participants' physical fitness, only suitable for the young and middle-aged groups with better physical conditions, not suitable for the elderly, so, it is difficult to guarantee the fairness of this kind of fitness activities in the actual promotion and application. Finally, there is the difference of consumption in the national fitness. National fitness in the process of promotion, most people need professional sports clothing, and professional equipment to avoid physical damage in the process of exercise.[1] However, because the price of such clothing and equipment is more expensive, so that the general population can not afford such a high price, so it will gradually lose interest in fitness, which is extremely detrimental to the fairness of the national fitness career and the realization of the security objectives. These three aspects are the current status of national fitness activities in the process of promotion, urgently need the government departments to improve the above differences in time, effectively improve the fairness and the security, so that all citizens can enjoy the sports benefits granted by the state.
3. Analysis of measures to improve the fairness and security of national fitness in China

3.1 Strengthen the publicity and popularization of the national fitness program, and improve the fitness consciousness of the whole people

The national fitness cause of our country, because of regional difference, people's economic income imbalance, make the popularity rate of the activity is low, people's sense of fitness is poor, and ultimately make the activity difficult to carry out, and it can not effectively promote the long-term healthy development of the national fitness. Therefore, the government departments need to adopt a variety of means for the national fitness activities, make positive publicity so that more people pay more attention to their physical health, more active participation in the fitness activities. In some remote mountain areas in China or in the lower income group, some people don't know the fitness, there is no sense of the event, and some people don't think it is necessary to the special fitness area to exercise. These are the performance of poor fitness consciousness. Therefore, the government departments in order to achieve the fairness and the security of the national fitness activities, they need to carry out the propaganda of fitness knowledge for people, they can attract the attention of the masses through the mobile phone app, forums, promotional video, display panels, lectures, flyers, etc. After that, introduce the relevant knowledge of the event, so that people can from many aspects, many angles to understand the importance of national fitness for themselves, at the same time, people will have a high demand for fitness areas and fitness equipment after improving their fitness awareness, the government has increased these aspects of investment, this has further strengthened the government's fair guarantee people basic sports operation of the maximum realization of the right. In the propaganda of fitness related knowledge, the government can combine the popularity of the fitness activities in the area, and people's enthusiasm for the fitness form, targeted to carry out propaganda work, which can make people finally actively participate in it through familiar sports. For example, in the traditional festival, dragon boat festival, we can carry out the race of the dragon boat race, which not only makes the majority of the people actively participate in, but also makes many people who do not like fitness or fitness awareness of the poor people also interested in such activities, and finally realize the sports fitness activities in various areas of fairness and security. 

3.2 Carry out various kinds of national fitness activities and promote development

China's national fitness consciousness, after many years of development, in many urban areas has achieved remarkable development results, people's fitness awareness gradually increased, and gradually began to participate in many challenging and exciting fitness activities. This is mainly people's living standard have improved gradually, people have more time and money, energy, attention to the physical quality aspects, so the government needs to pay attention to the changes in people's thinking about fitness, then combined with people's needs to carry out a variety of activities to promote the fairness and the security of national fitness, so that every citizen can have the opportunity to participate in it. Marathon is a fitness activity that currently a large number of people in all ages participating in, which also shows that people participate in sports enthusiasm is extremely high. In addition to this type of fitness competition, people also step into the pace of fitness climbing, golf, archery, such sports with higher cost of economic expenditure. However, in the process, fitness activities are mostly organized by the masses or organized by some organizations, it has a certain disorder, nd the number of professional sports events is relatively small, so it is difficult to achieve the popularity of fitness activities throughout the country. Therefore, in the process of promoting the development of national fitness activities, the government can provide a lower threshold for such activities, and the government can also actively cooperate with the masses and organizations to organize, on the basis of improving the formal nature of national fitness activities, to increase propaganda and promote the formation of national fitness in China as soon as possible.

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3.3 According to the distribution of the population, gradually increase the establishment of fitness facilities

At present, there are some inherent disadvantages in the fairness and security of the national fitness activities in our country. In the big city, there are more fitness equipment, but people's economic income level is higher, and the fitness consciousness is strong, they will choose to exercise in the gym, so there appears the idle sports facilities, or is damaged. In many remote mountainous areas, many people have poor fitness consciousness, some people with a sense of fitness are limited by economic income, and the government has little economic input to the fitness equipment in these areas, so that some people who need to fitness will choose to do farm work, or fitness without equipment. In view of the above situation, the government needs some positive research, and set up sports equipment according to the distribution of the population and the imbalance of regional economic development, make the people in need can use the professional equipment at an early date and do physical exercise. And in the rural areas, to strengthen the awareness of fitness activities, and strengthen the financial subsidies and installation of sports facilities, so that more people can participate in the fitness activities, from the rational allocation of resources, promote the fairness and security of the national fitness.

4. Concluding remarks

With the rapid development of social economy, people living standard is improving day by day, sports places and the fitness gym are constantly gaining popularity, more and more people began to pay more attention to their physical health level, so it shows a national fitness craze. National fitness belongs to a kind of compensatory social welfare, in the process of carrying out the activity, people can not only exercise physical quality, but also greatly relaxed mood. In the process of national fitness, the government agencies need to pay attention to the fairness and the security content of people's health, so as to ensure people's basic sports rights.

References
