

Original Research Article

The Present Situation of Home Exercise and the Research of Exercise Strategy

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Abstract: Exercise mentioned the word, many people will think of outdoor gym workout but exercise that occupy the home also is a kind of way people exercise in the exercise that occupy the home, there will be a lot of inconvenience, the choice of venue, the lack of equipment, lack of exercise partner, lack of professional guidance and so on are people that occupy the home a stumbling block to exercise this article mainly from the exercisers exercising consciousness places the use time of the choice of equipment selection scientific exercise plan knowledge reserve source of coping exercisers were investigated by the seven aspects and make a guide on how to carry out the exercise that occupy the home, how happy scientific exercise, how to reasonable exercise these aspects to think, in order to achieve the goal of scientific home exercise.

Keywords: Home Exercise; Scientific Exercise; Psychological; To Guide the Strategy

Exercise for most people that occupy the home, it is a strange way of exercise that occupy the home exercise can make a lot of people exercise to get a lot of change, for the change a lot of people will choose an exercise program in choosing equipment using time of the field of scientific exercise knowledge reserves have shortcomings in these aspects such as all need deep research and make a scientific guidance to make exercisers to greater protection, reduce the damage and get greater benefits in exercise this article mainly discusses the exercisers exercise awareness of site selection of equipment to use time to choose scientific exercise plan reserve source of knowledge psychological coping and other aspects of the elaboration.

1. Exercise awareness to strengthen

for more and more get people's attention to strengthen the consciousness of physical exercise, is the first step to take the initiative to take exercise, exercise consciousness should be strengthened Sports should be like eating sleeping need in the life of a component is a member of mount zhongnan say these words of physical exercise is essential for people, but also more and more get the attention of people and love people fitness exercise both the physical and mental health, and enhance self-confidence, in the face of setbacks, you can calmly face the national call to exercise an hour every day, health work for fifty years, a happy life for a lifetime's call.

2. Site selection should be appropriate

People must choose good exercise that occupy the home for their own people living in the city, basic it is high-rise buildings, the space is limited, people should consider setting up a simple and safe places, such as his balcony sitting room ventilated place and good light where the exercise need to put some cushion, sort out, sharp objects to avoid accidental damage when exercising 2 it is to use a cell phone audio during exercise televisions and other electronic equipment for children play some music, exercise helps to exercise the factors such as video, you can generate more interest in exercise, better implementation in their own exercise program^[1] by listening and watching, in the mind to build action representation, hear sweet passion music or see toned figure, can improve the drive of exercise, and exercise actively, gradually form lifetime sports concept in an indoor workout will inevitably make all kinds of sound, if the wrong way, it is easy to appear the phenomenon of nuisance, it will destroy the relationship between the neighborhood harmony. People living in rural areas will have their own exclusive courtyard, which is relatively more convenient for exercise, but also pay attention to whether the venue is suitable, so as to avoid unnecessary injuries.

3. The equipment should be used carefully

Exercise equipment reasonable use will exercise a great convenience for us, also for home exercise during the outbreak of the people are the icing on the cake, enhance people's interest in exercise, to get better result yoga mat elastic ball dumbbell skip exercise that occupy the home is good exercise equipment, is also a higher safety coefficient of equipment, however, exercise that occupy the home, a lot of people don't similar equipment is available, then people may look to the home can use the equipment,

such as bench, bed, chair, table and other home put the above items. There is no denying the fact these things is to some extent, can replace exercise equipment, but due to the use of small, very strange, so the risk will be higher than exercise equipment at this time, people must do exercise corresponding protective measures, must be careful and cautious when using, carelessly may bring people home exercise injury, become a stumbling block of people exercising.

4. Choose the right time

People can arrange early in the morning exercise time xu spirit, on the morning of shipment tempted broad morning exercises can cultivate the habit of we get up early, to improve the quality of life, increase blood circulation and so on after dinner and a half hours of exercise can make people quickly into sleep, but must hold good exercise intensity and exercise, moderate exercise and exercise intensity can relieve the day's fatigue relax can regulate sleep so, don't cry because it is should be paid attention to exercise intensity exercise or sport method is inappropriate and unnecessary damage.

5. Exercise plans need science

Workout at home because of the unscientific exercises make more people feel discomfort physical activity which involves many aspects, however, both techniques, equipment and, slightly do not pay attention to is easy to hurt exercisers as is known to all, the benefits of sports so that we can not isolate but exercise should have a certain way, method using proper, we exercise plan to better implement.

As the saying goes, the water is full, overflow, same any sport and exercise load exceed the scope of the human body can cause harm to the body for knee joint injury patients suggest don't choose a big Angle of the squat training because it could exacerbate on knee joint cartilage wear spacious place at home, teenagers can jump through single double jump squat jump jumping jacks cross jumped parent-child cooperation under the way of weight of exercise such as physical exercise.

To practical exercise, especially according to their own characteristics for the reasonable exercise conditions of the elderly can choose on the treadmill walking for fitness, also can choose in the living room with a television or video can do some simple strength little broadcast gymnastics young people choose to dance by in-situ movable bobby to exercise the strength of the lower limbs like bobby jump that high strength in a short period of time to burn fat makes the heart beat faster movement for the elderly is easy to cause heart cerebrovascular accident for teenagers can be set in space bigger place some simple interesting exercises, such as jump across a small bench. Spanning sofa cushions and other family members can choose feasible exercise content according to their actual situation to improve their athletic ability and develop their health level.

When people is home exercise under the guidance of professional personage to conform to their own situation to make a scientific exercise program, for example, give full consideration to their existing skills, physical foundation, design from warm-up exercise fitness exercises stretch to relax, from the upper to the core, to the lower limbs, considering the physical quality of daily practice of the comprehensive development of comprehensive practice, we should try to be content daily, to keep sufficient motivation^[2].

6. Sources of knowledge should be appropriate

Number in the current network era, WeChat public trill volcanic small video have sprung up one after another, such as all kinds of exercise or sport video but the method of exercise is really important, good people must choose the method that suits his, do exercise to keep the effectiveness of their exercise at the same time, the platform of sports anchor the frontal method is desirable

7. Diet

Exercise that occupy the home also must pay attention to the rational diet and reasonable diet and nutrition can bring plenty of motivation for physical exercise, can improve the immunity of human body is not reasonable diet may lead to the body's metabolism slows, the body nutrition out of balance, especially during the outbreak, excessive exercise that occupy the home to eat less fat and spicy food, reduce high purine food, especially animal innards and seafood intake, at the same time to avoid drinking and smoking

8. Conclusion

To sum up, we should improve health awareness and sports awareness, strengthen physical exercise, improve physical function and enhance immunity, so as to resist the virus. However, we should pay attention to the correct way and method in exercise, and maintain a good attitude in daily life, to face the difficulties encountered in exercise with a healthy attitude

References

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