

Analysis on the Current Situation of Women's Fitness in Laibin City

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Abstract: In modern life, women bear more and more responsibilities. Women's health is the premise to ensure the normal operation of their life and work. Women's health can be improved through fitness. This paper takes Laibin city as an example to investigate the status quo of laibin city's female fitness, and through the investigation and analysis of laibin city's female fitness. Based on the investigation, statistics and data analysis of the women in the three local fitness clubs, namely Zhonglian Fitness club, Liheng Fitness Club and Meng Yun fitness club, and the community park in Laibin city, it is found that there are several problems affecting the steady development of laibin female fitness market: 1) laibin city women participate in the number of fitness activities less, and the exercise time needs to be strengthened, affecting the fitness effect. 2) laibin women's planning of the amount of exercise during special periods is not reasonable, which is easy to cause physical injury. 3) Laibin city women's sports consumption concept is relatively traditional. 4) The subjective factors that affect laibin women's fitness are influenced by family and work, and the main objective factors are time factor, economic factor and laibin city's fitness environment, etc. In view of the above problems, the development strategies of laibin women's fitness are put forward as follows: 1) to strengthen laibin city women to participate in fitness activities and the number of time. 2) Laibin women should strengthen the reasonable planning of the amount of exercise during special periods. 3) The consumption concept of laibin women should be changed. 4) Reduce the influencing factors of female fitness in Laibin City. Encourage them to work out with their families to promote family harmony, cultivate laibin women's scientific concept of lifelong fitness, and spare time to flexibly choose fitness programs.

1. Introduction

With the continuous development of society, People's living standards have also been greatly improved, for the relaxation of physical and mental pressure is increasingly urgent, and to change the quality of life and the level must have a healthy lifestyle. Sports play an important role in improving people's physical quality and mediating participants' mental health, such as square dance, yoga and aerobics. By using the methods of literature review, questionnaire and mathematical statistics, this paper investigates the current situation of women's fitness in Laibin Laibin, and find solutions, hoping to promote the sustainable development of women's fitness activities in Laibin to provide reference [1-2].

2. Research Objects and Methods

2.1. The Research Object Takes Laibin City Over 18 Years Old 300 Female Body-Building Present Situation as the Research Object

300 women over the age of 18 in Laibin were selected to exercise and interviewed about their thoughts and needs. So as to get the targeted opinion. It provides a certain theoretical basis for the research.

2.2. Research Methods

2.2.1. Literature Review

In wanfang, Weipu and China knowledge network to “The status of women's fitness” and “The status of women's fitness in Laibin,” the key words to find relevant master's theses and journals, this research is based on the research of the current situation of women's fitness in Laibin by searching the relevant books and materials in the library of Yulin Normal University.

The questionnaire survey method is adopted by distributing questionnaires to women over 18 years old in lianlian fitness club, Liheng Fitness Club, Meng Yun Fitness Club and community parks in Laibin City, to understand the development of women's fitness in Laibin, 300 questionnaires were distributed, 300 questionnaires were retrieved, 280 questionnaires were valid, the recovery rate and effectiveness rate were 100% and 93% respectively [3-5].

2.2.2. The Data of the Questionnaire are Sorted Out by Excel and the Charts are Made According to The Results of Statistical Analysis

The use of Excel forms for the design of the questionnaire, collection and collation, through a large number of data collection, and analysis, so as to get the results of the study. Make the chart.

3. Results and Analysis

3.1. General Situation of Women in Laibin

3.1.1. Age Profile of The Laibin Sample

In Leibin, 30 percent of the women in the sample were between the ages of 18 and 30, and 45 percent were between the ages of 31 and 40 Twenty percent of the women were between the ages of 41 and 50; five percent were over 51 [6-7].

Table 1. Age of sample women in Laibin City

	Number	Proportion
18-30 years old	84	30%
31-40 years old	126	45%
41-50 years old	56	20%
Over 51 years old	14	5%

3.1.2. The Occupational Profile of the Sample Women in Laibin

Table 2. Occupational status of sample women in Laibin City

	Number	Proportion
Students	14	5%
Freelance	42	15%
Teachers	56	20%
Medical staff	28	10%
Administrative institutions	28	10%
Other occupations	112	40%

According to Laibin, 5% of Laibin's sample of women are students, 15% of Laibin's sample are self-employed, 20% of Laibin's sample are teachers Ten percent of the Laibin sample were health care workers, 10 percent of the Laibin sample were in administrative institutions, and 40 percent of the Laibin sample were in other occupations [8].

3.1.3. Educational Attainment of the Sample Women in Laibin

Table 3. Education background of sample women in Laibin City

	Number	Proportion
Under High School	70	25%
Junior College	112	40%
Undergraduate	84	30%
Graduate or above	14	5%

In the LAIBIN, 25% of Laibin's women have less than a high school education, and 40% of Laibin's women have college degrees Thirty percent of the women in the Laibin had a bachelor's degree, and 5 percent of the women in the Laibin had a graduate or higher education [9-12].

3.1.4. The Economic Income of the Sample Women in Laibin

Table 4. Monthly economic income of sample women in Laibin City

	Number	Proportion
Less than 1500 yuan	42	15%
1501-2500 yuan	56	20%
2501-4000 yuan	126	45%
More than 4000 yuan	56	20%

According to the monthly income of the Laibin sample, 15% of the LAIBIN sample earned less

than \$1,500, and 20% of the LAIBIN sample earned between \$1,501 and \$2,500 45% of the Laibin Laibin female sample earned between \$2,501 and \$4,000 per month, while 20% of the Hong Kong female sample earned more than \$4,001 per month. According to data from the Laibin sample of women, the majority of the women in the survey were between the ages of 31 and 50, with women in this age group being older and younger, and the business is on the rise. The sample of female freelancers, teachers and administrative institutions more employees, most of the monthly income of more than 2501 yuan [13-14].

3.2. The Current Situation of Women's Fitness in Laibin

3.2.1. The Proportion of Laibin Women Participating in Physical Fitness

Table 5. Leisure time consumption of sample women in Laibin City (multiple choices)

	Number	Proportion
Access the Internet	112	40%
Watch TV or listen to the radio	84	30%
Learn	56	20%
Fitness	98	35%
Take care of your children	126	45%
Other	14	5%

In the LAIBIN, 40% of the LAIBIN women spent their spare time online, while 30% of the LAIBIN women spent their spare time watching TV or listening to the radio 20% of Laibin women studied in their spare time, 35% of Laibin women exercised in their spare time, and 45% of Laibin women took care of their children in their spare time Five percent of the women in the Laibin sample do other things in their spare time. According to the survey, 35% of women in Laibin participate in sports and fitness activities, and 65% of women do not participate in sports and fitness activities.

Women's fitness in Laibin Laibin is the first problem. Women in Hong Kong participate in less fitness activities and need to improve their exercise time. Thirty-five percent of women in Laibin engage in physical activity, and the majority of women in Laibin work out once or twice a week for more than half an hour each time. Second, women in Laibin don't plan their exercise for special periods properly. Walking, running and rope skipping are popular fitness programs for women in Laibin, and the main forms of fitness are large and small groups. Few Laibin women exercise as much as they normally do during their menstrual cycle, and the amount of exercise they do does not decrease. Third, Laibin Women's sports consumption concept is more traditional. The majority of women in Laibin spend on sports mainly to buy fitness clothes, with the time interval between each sports consumption being between one quarter and six months, and the average monthly sports consumption amount being more than 100 yuan. Fourth, women's fitness in Laibin is influenced by subjective and objective factors. The subjective factors influencing women's fitness in Laibin are family, work and motivation to participate. The objective factors are economy, time and sports environment in Laibin [15-16].

The first way to solve the problem of women's fitness in Laibin Laibin is to increase the frequency and time of women's fitness activities. The guest city government can encourage local women to take part in fitness activities three or more times a week, increasing the time of exercise to more than one hour. Second, improve Laibin Women's exercise planning for special periods. Through the publicity, let Laibin's women understand the special period of different sports on their

physical conditions, help them reduce the amount of special period exercise and exercise programs. Third, update Laibin women's consumption attitudes. Local women are encouraged to increase the amount of money spent on fitness, to increase their spending on fitness and to increase their love of fitness programs. Fourth, reduce the impact of Laibin women's fitness factors. To change the factors affecting the fitness of Laibin Laibin women from traditional attitudes, to encourage them to work out with their families to promote family harmony, and to cultivate the scientific concept of lifelong fitness for women in Hong Kong, take the time to choose your fitness program flexibly.

4. Conclusion

In modern life, women are shouldering more and more responsibilities. Women's health is the premise to ensure their normal life and work. Women's health can be improved by keeping fit. Taking Laibin City as an example, this paper investigates the current situation of women's fitness in Laibin and analyzes the situation of women's fitness in Laibin. Based on the survey, statistics and data analysis of women in Laibin's local fitness clubs and community parks, the authors found out the development strategies of women's fitness in Laibin, to provide a theoretical reference for the promotion and development of women's fitness in Laibin. The main conclusions are as follows: 1 the number of Laibin Laibin women participating in fitness activities is less, and the exercise time needs to be improved. (2) Laibin Laibin Women's exercise amount planning for special menstrual period is not reasonable, which is easy to cause physical injury. Women's sports consumption concept in Laibin is relatively traditional, so it is necessary to update the consumption concept of women in Laibin. (4) women's fitness in Laibin is influenced by subjective and objective factors. It is necessary to reduce the influencing factors of women's fitness in Laibin and promote the steady development of women's fitness in Laibin.

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Data Availability

Data sharing is not applicable to this article as no new data were created or analysed in this study.

Conflict of Interest

The author states that this article has no conflict of interest.

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