

Healthy China Leads the Integrated Development of Forest Health and Ethnic Traditional Sports in Liaohe River Basin

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Abstract: To build a healthy China is an important foundation for building a moderately prosperous society in all respects and basically realizing socialist modernization. Forest health care has given new connotation to healthy China. It integrates the distinctive ethnic traditional sports of Liaohe River Basin with forest health care, which accords with the direction of industrial development of Liaohe River Basin and the basic requirements of healthy China. This paper discusses the core meaning of healthy China, makes a comprehensive analysis of the integrated development of forest health and traditional national sports in Liaohe River Basin, and puts forward the integrated development path based on "systematic thinking, dialectical thinking, bottom line thinking and innovative thinking". The research results expand the core content of the forest health care project, innovate the inheritance path of traditional national sports, and enrich the theory and practice of healthy China.

Keywords: Healthy China; Liaohe River Basin; Forest Health; National Traditional Sports; Integrated Development

1. Introduction

Health is a necessary requirement for promoting all-round human development, a basic condition for economic and social development, an important symbol of national prosperity, and a common pursuit of the people. People's health is an important symbol of a prosperous nation and a prosperous country. We should improve national health policies and provide all-round, full-cycle health services to the people. We will improve the multi-tiered social security system, promote the building of a healthy China in all respects, and strengthen and make innovations in social governance. A healthy China is an important component of the Thought on Socialism with Chinese Characteristics for a new era, a necessary requirement for coordinated economic and social development in the new era, an important support for realizing the people's new aspirations for a better life, and an essential condition for safeguarding national security and social stability. The development of healthy forests is an important measure to build a healthy China. It also opens up a new path for the practice of "Lucian waters and lush mountains are invaluable assets". Forest health care is based on the rich and colorful forest landscape, refreshing forest air environment, healthy and safe forest food and rich ecological culture as the main resources and support. Equipped with the corresponding health leisure and medical, recreational and physical service facilities, carry out the forest recreation, vacation, recuperation, health care and elderly care activities for the purpose of cultivating the body and mind, adjusting the function and delaying the aging. It is a new model, new business form and new idea of the big health industry. It is in line with the requirements of the times of building ecological civilization and promoting green development, and meets the diversified needs of people in pursuing a healthy life.

The Liao River Basin is located in the southwest of Northeast China. It includes two river systems, the Liao River and the Huntai River, and spans Hebei, Inner Mongolia, Jilin and Liaoning provinces (autonomous regions). It is home to the Han, Mongolian, Manchu and Korean nationalities. Various ethnic cultures collide and integrate with each other, carrying on the continuous historical selection, among which the national sports culture occupies an important position. The traditional sports culture in Liaohe River Basin plays a special role in the process of national development. The deep cultural core is the identity of national value, the cohesion of national centripetal force and the vertical replication of national spirit. The Liaohe River Basin is dominated by secondary forest and shelter forest. Data from the seventh National Forest resources Inventory show that the forest coverage rate of

Liaohe River Basin is 28.13%, with a forest area of 6.179 million square meters. Among them, Liaoheyan National Forest Park has a forest coverage rate of more than 90%. The rich forest resources have created conditions for the development of forest health industry. The combination of forest health and traditional national sports gives full play to the resource advantages of health industry, sports industry and tourism industry. It meets the new needs of people for health preservation and sports, and will have a broader development prospect. Under the guidance of Healthy China, the integrated development of forest health and traditional ethnic sports in Liaohe River Basin will be studied, and the organic connection between health industry and traditional ethnic sports will be promoted under the premise of protecting forest ecological resources, so as to create more health and well-being for the people.

2. The Core of a Healthy China

A healthy China is an important component of the Thought on Socialism with Chinese Characteristics for a new Era. We must grasp the core essentials and basic ideas of the Healthy China strategy in a comprehensive, systematic and accurate way, and make coordinated efforts to solve the most immediate and realistic health problems that the people are most concerned about. This provides ideas and guidelines for the research of this subject.

2.1 We Will Continue to Put the People First and Make People's Health a Strategic Priority in Development

We should adhere to the philosophy of people-centered development and take improving people's well-being and promoting their all-round development as the starting point and goal of development. We should give priority to the protection of people's health in a strategic position of development, achieve full coverage of health in the population, accelerate the formation of a healthy lifestyle, production mode, economic and social development model and governance model, and strive to ensure people's health in an all-round and full cycle [1].

2.2 Carry out the Concept of Innovative Development, Adhere to the New Era of Health and National Sports Development Policy

We should have a deep understanding of the rich connotation of the concept of innovative development, open up a development road that integrates traditional ethnic sports with national fitness, formulate a long-term plan for the development of traditional ethnic sports, establish a protection mechanism for traditional ethnic sports, and increase support for traditional ethnic sports. The development of people's physical health can be promoted by carrying out national fitness activities, which are mainly based on traditional ethnic sports [2].

2.3 We Will Improve National Health Policies and Comprehensively Promote the Construction of a Healthy Environment to Develop Health Industries

We will improve national health promotion policies, build a national public health protection network, and provide all-round health services throughout the life cycle of the people. Popularize healthy life, optimize health services, improve health security, build healthy environment, develop health industry, improve support and security, and strengthen organizational implementation [3]. It takes health security as the supporting basis, healthy environment as the external influence, and health industry as the material resources.

2.4 We Will Promote Social Equity and Justice and Encourage Social Forces to Improve the Structure of Service Supply

Fairness and justice are the core values of socialism. To make health more equitable, governments at all levels need to provide fair health products and services to Chinese residents. Establishing a health equity system featuring equal rights, opportunities and rules, ensuring equal participation and development of the people's right to health, and ensuring that the fruits of health development benefit all people in a more equitable way is a key part of the Healthy China campaign.

3. A Comprehensive Analysis on the Integrated Development of Forest Health and Ethnic Traditional Sports in Liaohe River Basin

SWOT analysis is a kind of enterprise strategy analysis method proposed by Harvard Business School professor K.J.Andrews. It is a relatively accurate and objective method to analyze and study the objective situation. SWOT combines enterprise strategy with internal factors and external environment organically. The Strengths, Weaknesses, Opportunities and Threats are listed through investigation and arranged in matrix form. Then with the idea of system analysis, the various factors match each other to analyze, from which a series of corresponding conclusions are drawn, and the conclusions usually have certain decision-making. SWOT analysis method can be used to conduct a comprehensive, systematic and accurate study on the situation of the research object, so as to formulate corresponding development strategies, plans and countermeasures according to the research results. SWOT analysis is often used to formulate group development strategy and analyze the situation of competitors, and is one of the most commonly used methods of strategic analysis.

Based on SWOT analysis framework, this paper makes a comprehensive analysis of "Strengths, Weaknesses, Opportunities and Threats" based on internal factors and external environment, referring to relevant literature [4-6], aiming at the characteristics of healthy China leading the integrated development of forest health and traditional ethnic sports in Liaohe River Basin. The results are represented by constructing a SWOT analysis model, as shown in Figure 1.

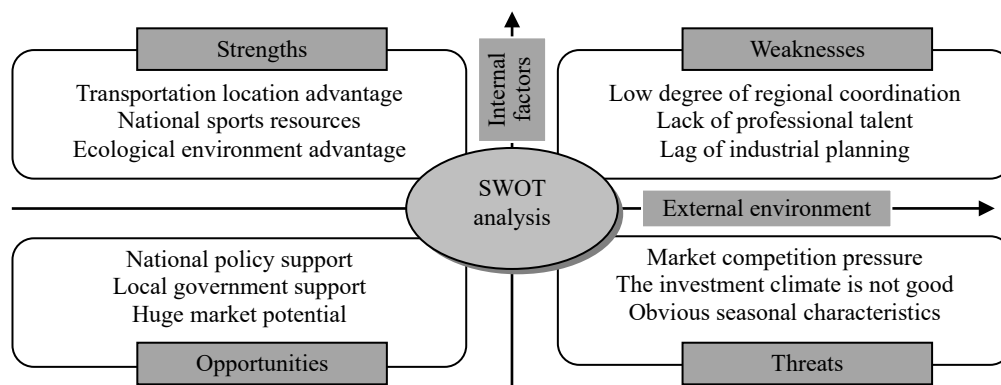


Figure 1: SWOT analysis model of healthy China leads the integrated development of forest health and ethnic traditional sports in Liaohe river basin

4. Healthy China Leads the Integrated Development Path of Forest Health and Rraditional Ethnic Sports in the Liaohe River Basin

With Healthy China as the guide, combining the characteristics of traditional ethnic sports in the Liaohe River Basin, giving full play to its ecological and environmental advantages, multi-departments are working together on development strategies, jointly formulating the blueprint for the integrated development of forest health and traditional ethnic sports, seizing development opportunities, and serving people's health. Based on "systematic thinking, dialectical thinking, bottom-line thinking and innovative thinking", this research proposes a path for healthy China to lead the integrated development of forest health and traditional ethnic sports in Liaohe River Basin.

4.1 Based on Systems Thinking

System thinking is the way of thinking that grasps the problem from the whole and overall perspective, and it is the wisdom that sees through the relationship between the related structures of things. System thinking emphasizes integrity, relevance, dynamics and complexity. Among them, the wholeness principle emphasizes the interrelationship between whole and part, and emphasizes the characteristics and laws of the whole system. The relevance principle emphasizes the interrelationships between the various parts of a system. The dynamic principle considers the dynamic change of the system and finds out the development trend and change law of the problem. The complexity principle should recognize the complexity of the problem and find out the essence and root of the problem. From the perspective of system thinking, it is necessary to study the law of industrial development from the

perspective of system theory and solve various bottleneck problems from the whole and overall situation of the integrated development of forest health and traditional national sports in Liaohe River Basin.

Forest health industry is different from other economic industries. As an emerging industry, the forest health industry is essentially a green and sustainable industry that takes the utilization of forest resources as the main development platform on the basis of not causing damage to any natural resources. It is a two-way profitable development relationship that ultimately realizes the utilization of natural resources and the satisfaction of human needs. The integrated development of forest health and ethnic traditional sports in Liaohe River Basin needs linkage of multiple industrial elements, breaking barriers between different departments, and strengthening coordination and cooperation. The government should carry out in-depth and comprehensive industry analysis of forest health industry and sports tourism industry, standard industrial policies, introduce industrial funds, and attract investment [7]. We should take the leading enterprises with strong competitiveness as the core to build a comprehensive group integrating tourism, health and traditional ethnic sports to drive the development of the industry.

4.2 Based on Dialectical Thinking

Dialectical thinking reflects and conforms to the dialectical development process of objective things and its laws. The characteristic of dialectical thinking is to study from the movement and change of the internal contradiction of the object and from the interrelation of all its aspects, so as to understand the object completely from the whole and essence. Only by adhering to dialectical thinking can we realize the leap from perceptual cognition to rational cognition. The methods of induction and deduction, analysis and synthesis, abstraction and concrete, etc. must be used in the processing of perceptual materials. The dialectical characteristics, such as objective existence, change, development and interrelation of things, are the fundamental starting point of dialectical thinking and understanding of things, as well as the theoretical basis for the possibility of dialectical thinking [8]. From the perspective of dialectical thinking, it is necessary to deal with the relationship between the supply and demand of forest health and the integrated development of traditional ethnic sports in Liaohe River Basin, and deal with the relationship between the long board and the short board in the industrial chain from the perspective of change and development.

Supply and demand are dialectically unified. When studying supply, we must consider the total amount and structure of demand, produce according to demand and be marketable. Only in this way can the value of products be realized through market exchange and social reproduction be continued. When studying demand, we must also consider the possibility of supply, so as to make demand conform to supply capacity, so as to avoid inflation caused by demand inflation or deflation caused by lack of demand. First of all, it is necessary to formulate the most appropriate forest resource development plan according to the actual situation of Liaohe River Basin, including geographical location, climatic conditions and forest area, considering various influencing factors. Secondly, it is necessary to coordinate forest exploitation with environmental protection, with no destruction of forest environment as an important premise [9]. Finally, we should make full use of the advantages of traditional national sports, expand the types of resources in line with local characteristics, and improve the utilization efficiency of resources as far as possible.

4.3 Based on a Bottom-line Thinking Perspective

Bottom line thinking is "objectively set the lowest goal, based on the lowest point, strive for maximum expectations" thinking method. Adhere to the bottom line thinking, "from the worst, make the most preparation, strive for the best direction, strive for the best results". In fact, it means to strengthen the awareness of potential dangers, crises and risks. The bottom line is actually the point at which things go backwards from one texture to another texture, prevent things from sliding towards the bottom line and resolutely defend the bottom line when things slide to the bottom line. In fact, it is firmly to control things in the range of "degree", to keep the existing quality of things. Good at using the bottom line thinking, not to keep the bottom line and do nothing, but to "guarantee" as a reliable guarantee, so that more confidence and determination to pursue better results. Based on the bottom line thinking, this paper objectively gives the minimum goal of the integrated development of forest health and traditional national sports in Liaohe River Basin, estimates the possible development trend in advance, and judges the possible difficulties.

When the development potential of an industry is discovered, it will trigger an investment boom and cause industry chaos, and forest Health is no exception. A large number of forest resources have been overdeveloped, and it is easy to show the behavior of cheating the number. People's consumption levels are not synchronized, resulting in a waste of resources. In addition, maintenance and management costs should be incurred, so excess resources should be eliminated [10]. Forest is the basic resource to maintain ecological balance, forest health and huge economic benefits, is bound to attract many investors. In the process of large-scale construction, it is necessary to avoid overheated pursuit of economic benefits while ignoring the protection of forest resources to ensure that the damaged resources are repaired in time. The publicity should be intensified to refresh the public's awareness of the health promotion of traditional national sports, let the public understand the special effects of healthy health on the prevention of chronic diseases, change their consumption concept of healthy health and fitness, and let the prevention and control of chronic diseases by traditional national sports and healthy health gain popular support [11].

4.4 Based on the Perspective of Innovative Thinking

Innovative thinking refers to the thinking process of solving problems with novel and original methods, breaking the boundaries of conventional thinking, thinking about problems with unconventional or even unconventional methods and perspectives, and proposing distinctive solutions. The essence lies in elevating the perceptual desire of innovation consciousness to rational exploration and realizing the leap of innovation activity from perceptual cognition to rational thinking. Based on the active understanding of the objective material world, innovative thinking can put forward new theories indicatively according to the objective laws and reality to guide and promote people to carry out innovative practical activities [12]. We should actively advocate a culture of innovation that encourages exploration, encourages innovation, allows trial and error, and tolerates failure, and gradually form a strong atmosphere in which everyone advocates innovation and dares to use innovative thinking, so that innovation becomes a common trend in the whole society. Based on the perspective of innovative thinking, it is necessary to clarify the goal orientation of the integrated development of forest health care and ethnic traditional sports in the Liaohe River Basin, put forward opinions different from the conventional thinking, and break through the innovation chain and value chain of production, university and research.

Forest health industry is an innovative product of great health, which has a broad prospect and market. Based on the perspective of innovative thinking, combined with the ecological environment, to increase the attractive forest health experience projects, including forest bathing, health, diet and hot springs. To increase tourists' activity experience in the forest, fully explore the unique national traditional sports resources, develop the national characteristics of health culture, with forest health signs and interpretation system, popularize health culture in leisure, and increase tourists' sense of pleasure and satisfaction [13]. Forest health in line with the trend of development of The Times, the forest recuperation forest in Japan and the forest kindergarten in Germany are unique. By learning from the experience of these countries and combining with the characteristics of regional natural resources in the Liaohe River Basin, the product classification meets different needs, provides customers with rich health care experience, and promotes the standard of forest health care to be closer to the international level. It is emphasized that national sports elements should be added to tourism and health industry, and the important role of national sports in disease prevention and recuperation and rehabilitation should be fully affirmed.

5. Conclusions

Generally speaking, forest health care takes physical and mental health as the starting point and disease prevention as the main goal. The combination of sports and forest health is also one of the development modes, but it is limited to forest walking and leisure sports. The integration of forest health care and traditional national sports highlights the characteristics of Liaohe River Basin and expands the content of forest health care. The Liaohe River Basin is located in the southwest of northeast China, and its economic development is relatively backward, which is far from the goal of revitalizing the old industrial base in northeast China. The integrated development of forest health and traditional ethnic sports is conducive to the exploitation of regional competitive advantages, the creation of a distinctive industrial chain, and the comprehensive and coordinated development of regional economy.

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