

## QIGONG GYMNASTICS AS A HEALTH-IMPROVING SYSTEM OF PHYSICAL EXERCISES

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With the development of the times, the rapid development of the economy, and the improvement of the people's quality of life, the middle-aged and elderly groups in China have gradually expanded. Health issues have attracted much attention, and the health and participation in exercise of middle-aged and elderly people have become hot topics. The rise of national fitness has made more and more people pay attention to and participate. The physical and mental health of middle-aged and elderly people has a great impact on individuals, families and society. Therefore, it is very important to pay attention to the physical and mental health of the middle-aged and elderly, and to study how to improve the physical and mental health of the middle-aged and elderly groups, which can effectively guide the middle-aged and elderly groups to participate in exercise in a safe, healthy and orderly manner. It plays a certain role in the harmonious development of society. People's health encompasses more than just physical health, mental health, and social adjustment [1].

*The purpose* of the work is analyze the effect of practicing Xi Baduanjin on the physical and mental health of middle-aged and elderly people.

**Material and methods.** Theoretical analysis and generalization of literary sources.

**Results and their discussion.** Vertical Baduanjin belongs to one of the fitness qigongs. Its exercises are simple and easy to learn, involve a wide range of activities, and are not troubled and restricted by venues and equipment, and are deeply loved by the public. It has a great development and influence in national fitness. It is of great significance to explore the fitness value of Baduanjin to the middle-aged and elderly groups, and to promote the promotion of Baduanjin and the selection of fitness programs for the middle-aged and elderly.

Qigong is a set of traditional exercises that arose on the basis of Taoist alchemy and Buddhist psychopractices, performed primarily for health and therapeutic purposes. Qigong is a system of breathing and movement exercises that are practical in nature. Affordable exercises done at a slow pace are good for older people. The use of qigong in health training for middle-aged and elderly people will help strengthen physical development and have a beneficial effect on the psyche [2]. Baduanjin has a high reputation among middle-aged and elderly fitness people. It perfectly coordinates the forms of human form activity, breathing and psychological regulation.

And continue to inherit and carry forward China's excellent traditional culture. Channeling has a long history in our country, As one of the guiding techniques that has been handed down and is still full of vitality today, Hachidanjin is generally divided into two categories: standing and sitting. In addition, there are eight sections of brocade in the south and north, eight sections of brocade in literature and martial arts, and the difference between Shaolin and Taiji eight sections of brocade. It has a long history, easy to learn, remarkable effects and other characteristics, and is favored by the majority of fitness people. In particular, the vertical eight-section brocade Xi is flexible and free, not easily affected by the venue, and has an ideal fitness effect.

**Conclusion.** Through this study, we can become familiar with the problems faced by Baduanjin in teaching the Xi technique to the masses, and develop guidelines for practicing the Xi technique correctly. Using the Xi technique can increase satisfaction, improve health, and reduce anxiety. Using new techniques will allow you to discover the various effects of Baduanjing, brighten up the free time of middle-aged and elderly people, promote intercultural communications, social harmony and stability.

1. Pan, H.S. Clinical observation of Baduanjin exercise on the rehabilitation treatment of grade 1 hypertension in the elderly / H.S. Pan // The Institute of Physical Education. – 2014. – № 3. – P. 35–55.

2. Chen, C.F. Effect of Group Baduanjin Xi on Fall Risk and Quality of Life in Elderly Patients / C.F. Chen // Chinese Community Physician. – 2016. – № 8. – P. 80–86.