

# Study on the Aesthetic Characteristics of Fitness Yoga Sports

Yanli Yin<sup>1</sup>  Xiaoping Zhou<sup>2\*</sup>

<sup>1</sup> Changshu Institute of Technology, Suzhou 215500, China

<sup>2</sup> Xiamen Institute of Technology, Xiamen 361021, China

\*Correspondence: zhouxiaoping925@163.com

Citation: Yin, Y. & Zhou, X. (2024). Study on the Aesthetic Characteristics of Fitness Yoga Sports. *Journal of Arts & Cultural Studies*, 3(1), 1-14. <https://doi.org/10.23112/acs24062853>



Received: January 09, 2024  
Revised: March 06, 2024  
Accepted: June 02, 2024  
Published: June 21, 2024



**Publisher's Note:** KIHSS stays neutral with regard to jurisdictional claims in published maps and institutional affiliations.



**Copyright:** © 2024 by the authors. Submitted for possible open-access publication under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

**Abstract:** *Background:* With the rapid development of modern society and the improvement of people's health awareness, middle-aged women gradually realize the importance of fitness yoga for physical and mental health. However, there is still insufficient research on the aesthetic characteristics of fitness yoga for middle-aged women. *Purpose:* This article aims to explore the aesthetic characteristics of fitness yoga for middle-aged women from an aesthetic perspective, and provide reference for their better participation in yoga exercises. *Methods:* This study adopts a literature review to sort out the development process and main theoretical framework of yoga aesthetics. Based on this, a questionnaire survey is conducted to deeply understand the aesthetic feelings and experiences of middle-aged women towards fitness yoga. Conduct in-depth research on the aesthetic characteristics of fitness yoga among middle-aged women through empirical comparison. Explore the impact of yoga on their physical fitness and mental health, and provide experimental theoretical basis for scientific fitness. *Results:* Through the analysis of fitness data for middle-aged women in fitness yoga, it was found that the weight, body mass index, and fat percentage of the exercise group decreased compared to the control group before and after exercise. Fitness yoga had a positive impact on middle-aged women in terms of physical beauty, inner beauty, and life beauty. *Conclusion:* Yoga exercise can help improve the physical fitness of middle-aged women. It is recommended to pay attention to aesthetic education in yoga teaching, guide middle-aged women to have a deeper understanding of the beauty of yoga, and enhance their aesthetic literacy and exercise effectiveness.

**Keywords:** Fitness yoga, Women's fitness, Aesthetics, Physical fitness

## 1. Overview of Fitness Yoga Under the Aesthetic Horizon

### 1.1 The Origin and Development of Fitness Yoga

Returning to nature is a way of life advocated by modern people, and yoga is a way of exercise in close contact with nature. The origin of yoga can be traced back to the ancient Indian period. According to historical records, the practice of yoga existed in the Indus Valley civilization over 3000 BC. Yoga originally emerged as a way of spiritual practice and physical exercise, aiming to achieve the harmony of body, mind, and spirit. Over time, yoga has spread around the world and developed a variety of schools and systems (Li, 2020).

Yoga is a very ancient method of combining philosophy, science, and art to practice energy knowledge. The development of yoga has undergone a long historical process. It is not only a way of physical exercise, but also a way of philosophical thinking and practice. In the course of the development of yoga, many famous yoga masters and classic works have appeared, such as Patangali's Yoga Sutra and so on. These masters and works have made important contributions to the theory and practice of yoga and laid a solid foundation for the development of yoga (Qiu, 2016).

In the modern society, yoga has become a popular way of fitness. It is not only a way to exercise the body, but also an attitude to life that pursues physical and mental

health and inner balance. According to statistics, there are more than 300 million people worldwide who practice yoga, among which middle-aged women are one of the main groups. Yoga for middle-aged women not only improves their flexibility, strength, and balance but also reduces stress and enhances mental health. In addition, yoga can help middle-aged women improve their quality of life and happiness and maintain a healthy weight and a beautiful shape.

The origin and development of yoga not only reflects the human exploration of the body and spirit but also shows the human pursuit of health and a better life. The progress of science and technology promotes the continuous development of fitness yoga. With a wide range of smart gadgets and applications, people can help enhance their yoga practice and increase its effectiveness. Deep scientific research has also been done to explore the benefits of fitness yoga. For example, some studies have shown that yoga practice can lower blood pressure, improve sleep quality, boost immunity, and more. Fitness yoga has a rich historical and cultural background that has contributed to its origins and growth. Fitness yoga is a unique way of practice that integrates a variety of cultures and elements ( Bai, 2020). For example, some yoga schools incorporate elements such as tai chi and dance, so that practitioners can feel the charm of different cultures while exercising their bodies. It is not only a way to exercise the body, but also an attitude towards life that pursues physical and mental health and inner balance. With the continuous development of society and the progress of science and technology, fitness yoga will continue to play its unique charm and improve more people's health and happiness.

### **1.2 Definition of Fitness Yoga Under the Aesthetic Perspective**

In the aesthetic perspective, fitness yoga is not only a form of physical exercise, but also a way of life that promotes harmony and beauty in the body and mind. It emphasizes physical, mental, and spiritual unity through respiratory regulation, position exercises, and meditation relaxation. This unity is not only reflected in the improvement of physical flexibility and strength but also develop the internal temperament and mental state.

Yoga promotes the full potential of human consciousness. It is to combine the spirit and body into the most perfect state. Yoga posture uses ancient and easy-to-master skills to improve people's physical, psychological, emotional, and spiritual abilities. It is a way of exercise, to achieve the harmony and unity of body, mind, and spirit (Chen, 2017 ). The aesthetic definition of fitness yoga is that its pursuit is beauty both inside and outside. The ancient Greek philosopher Socrates said: "Mobility destroys the health of the body, while exercise preserves it for a long time." Yoga posture practice can make the whole body feel comfortable, psychologically calm, full of internal energy, and does not require too much sleep or rest to restore physical strength. In addition to being slim, yoga is a spiritual practice that aims to achieve perfect unity of body and spirit. Its breathing, posture, and meditation can effectively release and relieve mental stress and tension, shape the body and improve its flexibility, help improve the ability to concentrate, stabilize nerves and strengthen the endocrine system conditioning, prevent various diseases, and so on (Jie, 2023).

### **1.3 The Popularity and Significance of Fitness Yoga in the Contemporary Society**

Fitness yoga is not only a way of exercise, but also an attitude towards life. By practicing yoga, people can learn how to talk to their own bodies and listen to their inner voices, so as to better understand themselves and improve their self-worth. At the same time, the popularity of yoga also promotes the development of social culture. More and more yoga studios have sprung up, providing a platform for people to communicate. Here, people can meet like-minded friends and share the joy and changes that yoga provides. In contemporary society, it is impossible to overlook the popularization and

significance of fitness yoga. It becomes a cultural phenomenon affecting people's values and lifestyle in addition to providing them with a healthy lifestyle (Liu, 2018).

## **2. The Physical and Mental Characteristics and Fitness Needs of Middle-Aged Women**

### **2.1 Physiological Changes and Characteristics of Middle-Aged Women**

Middle-aged women face a series of physiological changes as they age. These changes have not only affected their body shape and function but also further affected their fitness needs. First, as metabolism slows down, middle-aged bone mineral density in women gradually declines, and muscle strength and flexibility weaken, which can easily lead to problems such as osteoporosis and fractures. Therefore, they need to participate in exercises that increase bone density and muscle strength. At this time, the cardiovascular system of middle-aged women also begins to age, the vascular elasticity decreases, and the blood pressure and heart rate fluctuations may increase. With age, middle-aged women will gradually decrease, leading to stiffness and pain. In addition to the above changes, middle-aged women may also face physiological changes associated with menopause, such as changes in hormone levels and mood swings, which may lead to some physical and psychological discomfort, such as insomnia, anxiety, depression, and so forth (Chen, 2023).

### **2.2 The Psychological Changes and Needs of Middle-Aged Women**

The psychological changes and needs of middle-aged women are a complex and multi-dimensional issue. As they age, middle-aged women often face challenges from multiple roles, such as working women, mothers, wives, etc. The pressure and expectations brought by these roles make their psychological states to exhibit unique characteristics.

On the other hand, middle-aged women also face a shift in their social roles. As they get older, they may gradually quit the workforce or shift their focus to their families. This shift in social roles may lead them to a sense of confusion and loss of self-identity. In real life, middle-aged women also face the challenges of family relationships. They might have different interactions with their children and encounter new difficulties with their partners. The psychological changes and needs of middle-aged women are diverse and complex. They need to learn to better control their emotions and express themselves, so as to improve their family relationships (Xiong, 2022).

### **2.3 The Importance and Necessity of Fitness for Middle-Aged Women**

Fitness is significant and necessary for middle-aged women since they face multiple physical and psychological challenges. Exercise can enhance their flexibility and strength, improve their body shape, and prevent problems such as osteoporosis and fractures. Fitness can also improve the function of the cardiovascular system, reduce the risk of blood pressure and heart rate fluctuations, and prevent the occurrence of cardiovascular disease (Wen, 2020).

The cultivation of spiritual harmony and emotional stability also guides middle-aged female fitness practitioners to improve their physical, emotional, psychological, and mental state, promote physical coordination and balance, and maintain health. Yoga can regulate emotions, relieve the tension and pressure brought by the fast pace of life, eliminate toxins in the body, increase people's internal energy, and burn excess fat to achieve the purpose of healthy aesthetics and health preservation. At the same time, participating in fitness programs is also one of the important ways for middle-aged women to keep in touch with society and expand their social circle, which has certain social significance (Xiong, 2020).

### **3. Aesthetic Characteristics of Middle-Aged Women in Fitness Under the Aesthetic Perspective**

#### **3.1 Body Beauty of Middle-Aged Women in the Aesthetic Perspective**

The unique attractiveness of middle-aged women's bodies is not only reflected in their outward appearance but also in their self-confidence, elegance, and calm temperament. Middle-aged women gradually lost their vitality and youthful vigor as they grew older however they obtained a mature and stable beauty. Through fitness exercise, middle-aged women can effectively improve their body lines, to create a more intense, elegant figure (Yang, 2022). Research showed that middle-aged women who have adhered to fitness yoga for a long time have significantly improved their body flexibility and balance, which not only helps to maintain their body health but also enables them to take a calm and confident posture.

In addition to the external form of beauty, the body beauty of middle-aged women is also reflected in the maintenance of the skin. As age increases, the skin gradually loses its elasticity and luster, but through a reasonable diet and exercise, middle-aged women can effectively delay the process of skin aging through fitness. Scientific fitness can promote blood circulation and metabolism, help to improve skin quality and make the skin more compact and lustrous. This inner beauty not only helps to improve the quality of life of middle-aged women but also enables them to display a unique charm on social occasions (Chen, 2020).

#### **3.2 Beauty of Middle-Aged Femininity in the Aesthetic Perspective**

The temperament beauty of middle-aged women is a unique charm, which is the result of both their internal development and external expression. This kind of temperament beauty is not only reflected in appearance but also exudes calm, elegance, and confidence. Middle-aged women after years of precipitation, have accumulated life experience and wisdom. They remain calm in the face of various challenges in life, which is an important indication of the temperament of beauty. At the same time, middle-aged women also pay more attention to personal growth, demonstrating adeptness in critical thinking and emotional stability, and can understand the world and themselves in a more mature and profound manner. This process of inner growth will also manifest through words and deeds, creating an expression of elegance and nobility in others (Gao, 2024).

Aside from focusing on personal growth, the outward appearance of middle-aged women also plays an important role in enhancing their overall beauty. They pay attention to dress collocation and manners, skillfully utilizing clothes and makeup to show their unique charm, while maintaining simplicity and yet, being fashionable. The speech and behavior of mature women reveal wisdom and elegance, making a sense of strength and charm, and appealing to others (Yao, 2020).

#### **3.3 Spiritual Beauty of Middle-Aged Women Under the Aesthetic Perspective**

The most unique charm of middle-aged women lies in their spiritual beauty. This beauty comes from the inner tenacity, wisdom, and kindness which is the result of their continuous pursuit of self-improvement throughout their journey in life. Middle-aged women have experienced the ups and downs of life, and have faced all kinds of challenges and difficulties. However, it is these experiences that enhance their resilience and courage, enabling them to remain optimistic and have an upward outlook in the face of adversity. Over the years their wisdom gradually accumulated, enabling them to deal with problems with maturity and rationality, showing a sense of serenity and wisdom.

### **4. The Effects of Fitness Yoga on the Body and Mind of Middle-Aged Women**

#### 4.1 Effect of Fitness Yoga on the Physical Health

Fitness yoga, as a combination of physical exercise and spiritual cultivation, has had a profound impact on the physical health of middle-aged women. Several studies have shown that middle-aged women who regularly participate in fitness yoga exercises have seen significant improvements in body flexibility, muscle strength, balance ability, and cardiovascular health.

From a physical health perspective, fitness yoga enhances the flexibility, strength, and balance of middle-aged women through a range of posture and breathing exercises that have shown significant improvements for a year, according to a study published in the *Journal of the American Medical Association*. In terms of body flexibility, yoga stretching is effective in increasing joint flexibility and range of movement and reducing stiffness due to increasing age. In terms of muscle strength, the asana practice in yoga requires that all parts of the body work together, which not only exercises the muscles but also improves the stability and balance of the body. Studies show that middle-aged women who have practiced yoga for a long time have significantly improved their muscle strength and endurance, effectively slowing the rate of muscle aging (Lv, 2020).

In addition, breathing practice and meditation training in yoga can also help to improve the cardiovascular health of middle-aged women. Deep breathing can lower blood pressure, heart rate and reduce the burden on the heart, while meditation can help reduce stress and relieve anxiety, thus maintaining the stability of the cardiovascular system (Li, 2014). Therefore, middle-aged women should include fitness yoga in their daily exercise program and enjoy their physical and mental benefits.

#### 4.2 Effects of Fitness Yoga on the Mental Health

Middle-aged women face multiple life pressures, including family and work responsibilities as well as social roles, which often have negative impacts on their mental health. On the other hand, fitness yoga, as a way of exercising with both body and mind, has a significant positive impact on the mental health.

Fitness yoga helps to relieve anxiety and stress by regulating breathing and relaxing the body. Studies have shown that yoga practice reduces the levels of the stress hormone cortisol and improves the activity of the parasympathetic nervous system, thus helping individuals achieve a relaxed and calm state (Li, 2017). This relaxation state helps middle-aged women to better cope with the challenges in life and improve their psychological resilience.

Fitness yoga can also improve self-awareness and self-efficacy. Through yoga practice, middle-aged women can have a deeper understanding of their own body and mind, and also enhance their self-control ability. This self-awareness improvement helps them to build a more positive attitude towards life, improve their self-confidence and self-esteem, and thus better cope with various challenges in life (Wang, 2012).

### 5. An Empirical Study on the Fitness Effect of Fitness Yoga for Middle-Aged Women

#### 5.1 Study Subjects

Middle-aged women aged 40-50 volunteered to participate in yoga practice in a street in Nanjing, China. For basic information by questionnaire survey, 60 middle-aged women who met the following conditions were selected as the study subjects

- (1) Do not often participate in physical exercise;
- (2) No serious cardiovascular and cerebrovascular diseases, liver and kidney diseases, and no other endocrine diseases;
- (3) Did not take blood lipid-lowering drugs and drugs that affect lipid metabolism in the past six months;
- (4) No estrogen replacement therapy.

Select the Mental health scale (SCL-90) and subjective exercise experience scale with high reliability and validity, and distribute 60 scales; 60 scales were recovered. The volunteers were randomly divided into two groups, a control group, and an experimental group. Excluding the volunteers who withdrew from the experiment or did not participate in the post-trial test, the final effective sample was 44 middle-aged women with an average age of  $44.45 \pm 4.54$  years, control group (20) and experimental group (24). There was no significant difference in statistical tests between the two groups (see Table 1).

Table 1: Basic information of the study subjects

	Control group (n=20)	Experimental group (n=24)
Age (age)	43.90±3.49	44.92±5.29
Stature (cm)	158.55±2.88	160.18±4.61
Weight (kg)	57±5.23	57.15 ±8.79

### Study Purpose

Through 12 weeks of yoga practice, this paper discusses the influence of yoga on the physical fitness and mental health of middle-aged women and provides experimental theoretical basis for the scientific fitness of middle-aged women.

### 5.3 Study Methods

Sixty study subjects were randomly divided into an experimental group (T) and a control group (C). Subjects in both groups maintained their original lifestyle, including group C did not participate in any physical exercise, and group T performed 12 weeks of yoga exercise 3 times a week for 60 minutes. Each group conducts an index test before and after the experiment, determines according to relevant methods, and conducts statistical test.

The content of the yoga experiment course adopts the principle of step-by-step according to the condition of the subject, which is easy to difficult, from simple to complex. Introduce the concept of yoga before yoga practice (the combination of self and original motivation or consistent), yoga classification system (he yoga, eight points yoga, wisdom yoga, voice meditation yoga, yoga, and love service yoga), yoga characteristics and functions, yoga practice precautions, and medical effect. The yoga practice course plan is as follows: the experimental practice course is divided into two stages: the first six weeks and the second six weeks, the first stage course practices the basic yoga; the second stage practices the intermediate yoga on the basis of the basic yoga. Each course exercise consists of three parts: preparation part, basic part, and end part.

### 5.4 Study Results:

#### 5.4.1 Body Composition Index Analysis of Yoga on Middle-Aged Women

Compared with the exercise group, the weight of exercise, body weight index and fat rate were all significantly different ( $P < 0.05$ ), and the decrease in body fat mass index was very significant ( $P < 0.01$ ).

Table 2: Comparison of body components index before and after subject training

S	Control group (n=20) C		Experimental group (n=24) T	
	Before the experiment	After the experiment	Before the experiment	After the experiment
weight	57±5.23	56.97±6.08	57.44±8.46	56.58±8.99*

Body mass index	22.66±2.38	22.66±2.32	22.35±3.05	22.04±3.16*
Body fat mass	17.43±4.41	17.43±4.34	17.46±5.87	16.6±4.67**
fat percentage	30.15±4.35	30.18±4.33	29.87±4.46	29.07±3.95*
Muscle volume	37.28±1.96	37.28±1.94	37.70±3.66	37.72±3.97

\* P <0.05 before, after, and after exercise compared to the control group,  
 \*\* Indicates P <0.01 before and after exercise and in experimental groups compared to the control group

The reasons for significant changes in body composition are:  
 60 minutes of moderate-intensity yoga practice. Studies have shown that effective exercise over 30 minutes of moderate intensity helps with fat burning.

Do 12 consecutive yoga exercises three times a week. Adherence to exercise is the key to effectively improving body composition.

The cooperation of the subjects. The subjects in this experiment are all university staff, with high comprehensive quality and strong fitness awareness, and can arrive at the practice place on time and concentrate on the practice.

### 5.4.2 Effect and Analysis of Yoga on Vital Capacity in Middle-Aged Women

After 12 weeks of exercise, the subjects and controls were significant (P <0.05).

Table 3: Comparison of spirometry index before and after training

Control group (n=20) C		Experimental group (n=24) T		P
Before the experiment	After the experiment	Before the experiment	After the experiment	
2538±437.79	2541.78±398.12	2518.7±356.97	2655.35±428.82	P < 0.05

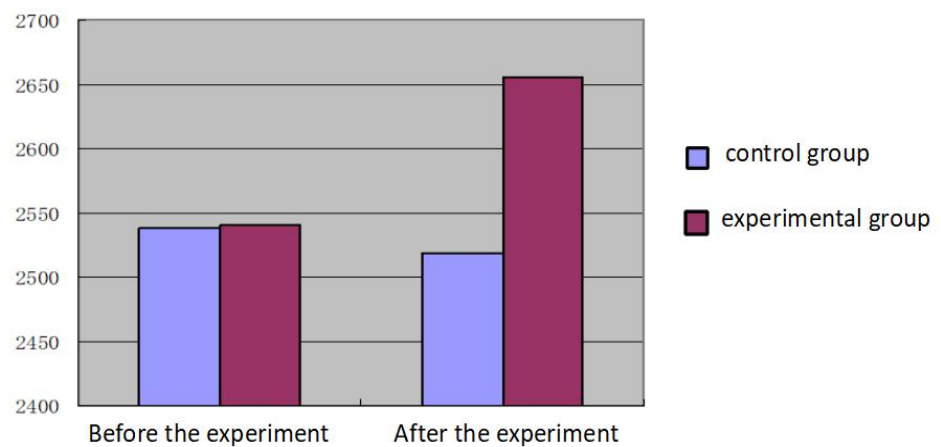


Figure 1: Changes in spirometry index in the control and experimental groups  
 The reasons for the statistical changes in this experiment are:

(1) Abdominal breathing method and rhythm. Breathing is the foundation of the survival of all creatures. In the concept of yoga, breathing is the soul of human survival. Physical and mental diseases of the human body are related to breathing methods, which shows the importance of breathing methods to human beings. Breathing methods

mainly include chest breathing, abdominal breathing, and full breathing three breathing methods, and yoga is mainly with abdominal breathing and full breathing two methods, which is different from the commonly used chest breathing method.

(2) The coordination of the yoga breathing method and movement has more strict requirements. Abdominal breathing and full breathing are mainly used in doing yoga movements and are consistent with the movements. Each type of yoga movement corresponds to inhaling and exhaling. The yoga breathing method can increase the strength of the respiratory muscle, improve the elasticity of the lung, increase the depth of breathing, deepen, improve efficiency and function of lung breathing, so as to achieve the purpose of improving the lung capacity detection value.

(3) Yoga of the single and double nostril alternate breathing method. Yoga breathing can be divided into single-nostril and double-nostril breathing methods, among which single-nostril breathing can be divided into ipsilateral breathing and heterolateral breathing. The single-double nostril breathing method is mainly used in yoga meditation. Under the voice guidance of the instructor, the full single-double nostrils alternately inhale and exhale, which effectively promotes the absorption of oxygen and the discharge of carbon dioxide. The alternating breathing method mainly regulates the balance of Yin and Yang, which contributes to spiritual stability and the improvement of thinking ability.

### 5.4.3 The Influence and Analysis of Yoga on the Mood of Middle-Aged Women

In the SCL-90 scale, "somatization", "obsessive-compulsive disorder" and "depression" were significantly different ( $P < 0.05$ ), and the three factors in "OCD", "interpersonal sensitivity" and "depression" were very significant ( $P < 0.01$ );

Table 4 The total average score of subjects before and after training, the number of positive items, and the national norm comparison

	national norm		control group				experimental group				P
	X	SD	Before training		postexercise		Before training		postexercise		
<b>divisor</b>	X	SD	X	SD	X	SD	X	SD	X	SD	P
<b>somatization</b>	1.37	0.48	1.41	0.61	1.42	0.59	1.43	0.65	1.33	0.53	*#
<b>obsession</b>	1.62	0.58	1.55	0.64	1.54	0.62	1.56	0.76	1.39	0.63	*#⊕ ⊕
<b>interpersonal</b>	1.65	0.51	1.38	0.52	1.37	0.55	1.36	0.59	1.28	0.53	⊕⊕
<b>depressed</b>	1.50	0.59	1.38	0.63	1.39	0.60	1.39	0.65	1.24	0.49	*#⊕ ⊕
<b>anxious</b>	1.39	0.43	1.24	0.53	1.27	0.53	1.26	0.56	1.20	0.43	⊕
<b>hostile</b>	1.48	0.56	1.36	0.61	1.38	0.67	1.39	0.69	1.33	0.68	⊕
<b>terrifying</b>	1.23	0.41	1.15	0.39	1.42	0.42	1.14	0.41	1.09	0.36	
<b>bigoted</b>	1.43	0.57	1.27	0.49	1.28	0.53	1.22	0.49	1.09	0.36	⊕
<b>mental disease</b>	1.29	0.42	1.18	0.43	1.17	0.43	1.16	0.41	1.14	0.41	

Represents  $P < 0.05$  compared to exercise, and \*\* indicates  $P < 0.01$  compared to exercise

# Represents  $P < 0.05$  for the experimental group versus the control group, and # # indicates  $P < 0.01$  for the control group

$P < 0.05$  and  $P < 0.01$  for the experimental group compared with normal mode

There were also significant differences in the "anxiety", "hostility", and "paranoia" factors before and after exercise and in the control group ( $P < 0.05$ ).

Analysis of yoga to effectively improve people's anxiety, depression, irritability, and other bad mood reasons are:



(1) the effective relaxation of yoga meditation thoughts. Yoga is a unique meditation idea that is beneficial to relax the whole nervous system, help to enhance people's own thoughts, transform people's minds from a negative state to a positive state, cultivate people's inner world into confidence and peace.

(2) Yoga is a form of music that has a soothing and relaxing effect. According to a study, slow-stretch music has a positive impact on the human body. Furthermore, slow stretching and rhythmic yoga music can effectively regulate emotions in individuals. Slow rhythm music can not only eliminate people's tension but can also reduce and eliminate fatigue, at the same time also can effectively suppress excitement, thereby satisfying people's mental state.

(3) Yoga guide word relaxation method. Mental suggestion relaxation training can effectively remove fatigue restore energy; and maximize body parts, joints, muscles, and mind. Relaxation training is a means of stress buffer. Participating in pleasant, non-competitive, or rhythmic physical exercise will produce significant emotional effects, and the anxiety, depression, fatigue, panic, and anger are reduced, thus forming a good emotional state.

(4) the return of being close to nature. During the yoga exercise, the subjects focused their attention (thoughts) on each movement under the guidance of the instructor and experienced and enjoyed the unique wonderful changes caused by the yoga movements brought to them by them.

#### **5.4.4 Conclusion**

(1) After 12 weeks of yoga, body weight, BMI index, body fat rate, and body fat mass decreased significantly, but no change in muscle mass. It is suggested that yoga can control body weight, improve body composition, and play an important role in preventing the occurrence of obesity and various obesity diseases.

(2) After 12 weeks of yoga exercise, the lung capacity of the experimental group was significantly improved, indicating that yoga can improve human flexibility, balance ability, coordination ability, and cardiopulmonary function, and can effectively improve the women's physical condition.

(3) After 12 weeks of yoga exercise has improved the nine dimensions of the mental health of middle-aged women, especially the three dimensions of "somatization", "obsessive-compulsive disorder" and "depression", indicating that yoga can significantly improve the total mental health index of middle-aged women.

## **6. Practice and Guidance of Fitness Yoga for Middle-Aged Women**

### **6.1 Basic Movements and Skills of Fitness Yoga for Middle-Aged Women**

The basic movements and skills of middle-aged women are an important way to shape elegant posture and enhance temperament beauty. Among them are mountain type, cat-cow type, and dog type these are the commonly practiced yoga movements for middle-aged women. In the mountain style, for example, this action requires standing with a loose posture, feet together, hands folded in front of the chest, looking ahead. By practicing mountain style, middle-aged women can adjust their breathing, relax, and shape their straight posture. According to research, women who practice mountain spines for a long time improve by 30 percent, and their sense of balance significantly increases.



Figure 2: Yoga mountain action



Figure 3: Yoga for the following canine movements

Besides basic movement, middle-aged female fitness yoga still pays attention to the coordination of breathing and movement. Yogi Patabi Joyce once said: "Breathing is the essence of yoga." By taking deep breaths, middle-aged women can relax and improve their flexibility. For example, when practicing canine, the back is depressed downward when inhaling, and the back is arched upward when exhaling. This coordination of breathing and movement can not only help exercise the flexibility of the spine but also relieve the common back pain in middle-aged women.

Middle-aged women in the practice of fitness yoga, also need to pay attention to the accuracy and safety of the movements. Following the dog example, although this action seems simple, it is crucial to exercise caution and pay attention to details to avoid injury. To perform the movements correctly one should use both hands and feet to hold the ground and lift the hips to form an inverted V shape. It is important to maintain the extension of the spine and breathe properly.

## 6.2 Middle-aged Women Fitness Yoga Precautions

When middle-aged women participate in fitness yoga, the matters needing attention and safety issues should not be ignored. First of all, the body function of middle-aged women gradually declines, so when practicing yoga, one should avoid excessive challenges to the body and limit action, so as not to cause harm. According to research, when middle-aged women practice yoga, choosing the action that suits their body condition, like basic pose, or stretch pose, can achieve exercise effect already, can avoid unnecessary risk. In addition, middle-aged women in yoga, also need to pay attention to the coordination of breathing. Proper breathing methods not only help you relax your body and mind but also improve your practice results. In addition to paying attention to breathing and choosing appropriate movements, middle-aged women should also pay attention to safety issues when practicing yoga. For example, during the practice session, one should avoid having an empty stomach or satiety, so as not to cause physical discomfort. At the same time, smooth, soft yoga pads should be selected with comfortable and loose sportswear to ensure physical comfort and safety. In addition, when middle-aged woman practices yoga, it should be according to their physical condition and feeling, make appropriate adjustments to the intensity and duration of their practice to avoid excessive exercise.

It is worth mentioning that when middle-aged women practice yoga, they can also combine some scientific analysis models to evaluate the benefits of their yoga practice. For example, through heart rate monitoring, body flexibility tests, and other ways, they can understand their physical condition and the effect of the practice, so as to practice more scientifically. At the same time, middle-aged women can seek guidance from professional yoga tutorials and books to learn the correct practice methods and skills to improve the efficacy of their practice. Through the correct practice methods and precautions, one can experience the harmonious integration and well-being of both the body and mind during yoga sessions.

### 6.3 Teaching Guidance and Course Design of Fitness Yoga for Middle-Aged Women

The teaching guidance and course design of fitness yoga for middle-aged women are the key links to improving the physical and mental health of middle-aged women. In terms of teaching guidance, a personalized teaching plan should first be formulated according to the physical and mental characteristics of middle-aged women. For example, for the common osteoporosis and muscle relaxation problems in middle-aged women, some yoga movements can be designed to strengthen the core muscle group and balance ability, such as tree style, cat and cow style. These actions not only help middle-aged women improve their body stability but also effectively prevent the occurrence of accidents such as falls.

In terms of curriculum design, we need to pay attention to the systematization and coherence of the curriculum. The concept of *hasa yoga* can be introduced, and the physical and mental health of young women can be comprehensively improved through three aspects of breathing control, asana practice, and meditation and relaxation of middle-aged women. At the same time, combined with the actual needs of middle-aged women, some special courses can be set up, such as decompression and relaxation courses, shaping and fitness courses, etc., to meet the personalized needs of different middle-aged women (Zhang, 2023).

In the teaching process, some modern technological means can also be introduced, such as intelligent yoga mats, Virtual Reality (VR) yoga, etc., to improve the teaching effect and interest. These technologies can help middle-aged women better understand and master the essentials of yoga movements and improve the effectiveness of the practice (Zhang, 2020).

## 7. The Aesthetic Cultivation of Middle-Aged Women's Fitness Yoga

### 7.1 The Cultivation and Promotion of Aesthetic Consciousness

Exploring the aesthetic characteristics of fitness yoga for middle-aged women from the aesthetic perspective not only deepens our understanding of yoga but also promotes comprehensive attention to the physical and mental health of middle-aged women. The cultivation and promotion of aesthetic consciousness are particularly important in this process. The cultivation of aesthetic consciousness first originates from the sensitivity and cognition of beauty. By participating in the practice of fitness yoga, middle-aged women can gradually discover the smooth beauty of their body lines, the harmonious beauty of breathing, and the beauty of their quiet minds. This ability to perceive beauty gradually increases as one delves deeper into the practice.

The improvement of aesthetic consciousness requires middle-aged women to constantly reflect and comprehend yoga practice. To broaden one's aesthetic vision and deepen the understanding of beauty by reading yoga classics, attending yoga lectures, and communicating with peers. The guidance of yoga instructors is also crucial. Professional guidance can help middle-aged women find their own beauty and constantly improve their aesthetic level in the practice of yoga.

The cultivation and expression of aesthetic emotion is also an important aspect of the promotion of aesthetic consciousness. In yoga practice, middle-aged women can deeply feel the harmony and beauty of body and mind through meditation, breathing regulation, and other ways, and express this feeling through words, movements, and other ways. This expression of emotion not only contributes to middle-aged women's own physical and mental health but can also have a positive impact on the people around them.

The cultivation and promotion of aesthetic consciousness is of great significance in the practice of fitness yoga for middle-aged women. Through continuous practice and reflection, middle-aged women can gradually discover their own beauty, improve their aesthetic level, and show this beauty in their daily lives. This not only contributes to

their own physical and mental health but also contributes to the prosperity and development of social culture.

## 7.2 Improvement and Practice of Aesthetic Ability

From the aesthetic perspective, middle-aged women can enhance both their physical health and aesthetic ability through practicing yoga, which helps shape their body lines. The improvement of aesthetic ability is not achieved overnight but requires middle-aged women to gradually develop their sensitivity and appreciation for beauty in the continuous yoga practice (Bae, 2020). In the breathing practice and meditation of yoga, we can gradually develop a kind of inner temperament beauty, which is characterized by both physical elegance and a serene disposition.

Practice is the key to improving the aesthetic ability. In the process of participating in fitness yoga, middle-aged women can learn how to adjust their posture and breathing by observing the coach's movements, to achieve the best exercise benefits. You can also participate in yoga competitions, exhibitions, and other activities, communicate with other yoga lovers, and jointly improve their aesthetic ability. This practical learning method not only enables middle-aged women to have a deeper understanding of the aesthetic connotation of yoga but also enables them to constantly explore and summarize their own methods in practice.

In terms of the cultivation of aesthetic emotion, middle-aged women can gradually cultivate their love and appreciation for fitness yoga by participating in yoga community activities, communicating, and sharing with other yoga lovers. According to statistics, middle-aged women participating in yoga community activities have improved their life satisfaction and mental health index, precisely because they have developed positive aesthetic feelings in the interaction.

Middle-aged women can also constantly broaden their aesthetic vision and improve their understanding and appreciation ability of fitness yoga by reading yoga-related books and watching yoga teaching videos. For example, the famous yogi master, B.K.S. Iyger's book "The Light of Yoga" provides middle-aged women with valuable resources to understand the philosophy and asanas of yoga, and help them better understand and express their aesthetic feelings in practice. Middle-aged women can pass on their aesthetic feelings to more people through yoga performances and yoga photography. Yoga performance not only shows body beauty, temperament beauty, and spiritual beauty but also is a kind of affirmation of self-value and love for life. Yoga photography, by capturing the instant beauty in yoga practice, allows middle-aged women to feel the charm of yoga more deeply, so as to express their aesthetic feelings more actively.

The aesthetic emotion cultivation and expression of middle-aged female fitness yoga is a process of mutual promotion. By continuously broadening their aesthetic vision, improving their appreciation ability, and actively participating in yoga community activities, middle-aged women can cultivate more positive and healthy aesthetic feelings, and pass their aesthetic feelings to more people through yoga performances, yoga photography, and other ways. This will not only help to improve the quality of life and mental health of middle-aged women but also help to promote the popularization and development of fitness yoga culture.

## 8. Study Conclusion and Summary

From the aesthetic perspective, the aesthetic characteristics of middle-aged women's fitness yoga are manifested in harmony and unity of physical beauty, temperament beauty, and spiritual beauty. Through continuous yoga practice, middle-aged women can have a more symmetrical and healthier body shape, showing an elegant and confident temperament. At the same time, yoga practice can also

cultivate internal development, improve the spiritual realm, and achieve harmony between their physical and mental well-being.

In addition, we also found that fitness yoga has significantly improved the quality of life of middle-aged women. By participating in yoga community activities and communicating with other practitioners, middle-aged women not only expand their social circle but also enrich their cultural life and enhance their sense of self-identity and value. With the progress and innovation of science and technology, future research can also explore the use of virtual reality, smart devices, and other new technologies to improve the effect and experience of fitness yoga for middle-aged women. Future research could further explore how fitness yoga can be better integrated into the daily lives of middle-aged women to meet their diverse fitness needs and improve their overall level of well-being.

**Funding:** 2022 Philosophy and Social Science Project in Jiangsu Province: Research on Supply of Rural Public Sports Facilities and Development of Mass Sports in Southern Jiangsu under the Background of Rural Revitalization, subject number: 2022SJYB1513. In 2021, the scientific research project of Suzhou Sports Bureau is "Research on the Function Improvement of Sports Facilities for the Elderly in Suzhou area", project number: TY2021-105.

**Acknowledgments:** Not applicable.

**Institutional Review Board Statement:** Not applicable.

**Informed Consent Statement:** Not applicable.

**Data Availability Statement:** Not applicable.

**Conflicts of Interest:** The authors declare no conflict of interest.

## References

- Bae, J. (2020). Somaesthetics and yoga. *Journal of the Philosophy of Sport*, (2), 217-231. <https://doi.org/10.1080/00948705.2020.1763178>.
- Bai, H., Liu, Y. Y., & Wang, Y. (2020). Experimental research on the impact of yoga on physical and mental health - Based on the analysis of the CNKI Chinese core database in the last 20 years. *Sichuan Sports Science and Technology*, 37-43 + 93. doi: 10.13932/j.cnki.sctykx.2024.03.07.
- Chen, F. Z., Shi, J., & Tan, B. (2020). Research on the fitness effects of line dancing on women of different ages. *Journal of Guangxi University for Nationalities (Natural Science Edition)*, (04), 95-98. doi: 10.16177/j.cnki.gxmzzk.2013.04.017
- Chen, H. F., & Xiong, H. (2023). Sport, "body sense" and culture: A study of women's fitness sensory ethnography. *Sport and Science*, (3), 34-41. doi: 10.13598/j.issn1004-4590.2023.03.004.
- Chen, R. J. (2017). On the sport aesthetics of fitness yoga. *Science and Technology of Sports in Modern Times*, 16th in Contemporary Sports Science and Technology. doi: 10.16655/j.cnki.2095-2813.2017.16.216.
- Gao, P. F., Shi, X. Y., & Liang, Q. S. (2024). Reading, overcoming, and enjoying ourselves: physical fitness perceptions and their constructive logic among urban women. *Journal of Physical Education*, (2), 51-56. doi: 10.16237/j.cnki.cn44-1404/g8.2024.02.012.
- Jie, Y., & Zhuang, C. K. (2023). An analysis of the health benefits of modern yoga movement. *Martial Arts Research*, 7th Issue; doi: 10.13293/j.cnki.wskx.010126.
- Li, J., Wang, S., & Mao, J. (2014) The impact of yoga practice on physical fitness of middle-aged and older women. *Chinese Journal of Geriatrics*, (22), 6449-6450. <https://kns.cnki.net/kns8s/AdvSearch?crossids=YSTT4HG0%2CLSTPFY1C%2CJUP3MUPD%2CMPMFIG1A%2CWQ0UVIAA%2CBLZOG7CK%2CEMRPGLPA%2CPWFIRAGL%2CNLBO1Z6R%2CNN3FJMU>

- Li, Na. (2020). Analysis of the "cultural fitness" value under the change of traditional yoga culture. *Journal of Shenzhen Polytechnic*, (02), 64-68. doi: 10.13899/j.cnki.szptxb.2020.02.013.
- Li, Y. F. (2017). The impact of yoga exercise on premenopausal women's depression. *Journal of Shaoguan University*, (09), 94-98. [https://kns.cnki.net/kcms2/article/abstract?v=n93avYlexq8QOAUxf99M7Rwqfcb1ETCICtCXgc5bEeqg8l6YVlae6NMSXOW1XIBq-rrBU7quRdU8e8VdMwtS6iMiMraO0SWIHLdHn2AjH12dSfHrIDKfnjOgkVi3zwEErcMFoT\\_iPp1dFZHH769uSnQ=&uniplatform=NZKPT&language=CHS](https://kns.cnki.net/kcms2/article/abstract?v=n93avYlexq8QOAUxf99M7Rwqfcb1ETCICtCXgc5bEeqg8l6YVlae6NMSXOW1XIBq-rrBU7quRdU8e8VdMwtS6iMiMraO0SWIHLdHn2AjH12dSfHrIDKfnjOgkVi3zwEErcMFoT_iPp1dFZHH769uSnQ=&uniplatform=NZKPT&language=CHS).
- Liu, L. J., & Liu, C. (2018). Constraints and path selection of the development of yoga fitness market in China - Based on qualitative analysis. *Journal of Shanghai University of Physical Education*, (3), 50-54. doi:10.16099/j.sus.2018.03.008.
- Lv, T., Liu, S. J. & Zhang, C. F. (2020). Research progress in the field of yoga intervention and health promotion in the United States. *Journal of Xi'an Institute of Physical Education*, (05), 592-598. doi: 10.16063/j.cnki.issn1001-747x.2020.05.012.
- Qiu, P. (2016). "Origin and Connotation Analysis of "Fitness Yoga". *Journal of Beijing University of Sport*, (10), 135-140. doi: 10.19582/j.cnki.11-3785/g8.2016.10.020.
- Wang, J. (2012). Yoga - A choice for middle-aged and elderly women's health. *Sports*, (22), 143-144. <https://kns.cnki.net/kns8/s/AdvSearch?crossids=YSTT4HG0%2CLSTPFY1C%2CJUP3MUPD%2CMPMFIG1A%2CWQ0UVIAA%2CBLZOG7CK%2CEMRPGLPA%2CPWFIRAGL%2CNLBO1Z6R%2CNN3FJMUV>.
- Wen, C. X., Jiang, C, Wu, Y. L. & Zhou, H. K. (2020). Comparative study on the impact of square dancing and brisk walking on cardiovascular function in middle-aged and elderly women. *Journal of Henan Normal University (Natural Science Edition)*, (01), 109-117. doi:10.16366/j.cnki.1000-2367.2020.01.018.
- Xiong, H. & Wang, Y. Y. (2020) Challenge and reconstruction of gender body - practice and reflection of female body in fitness sphere. *Journal of Shanghai University of Physical Education*, (1), 49-58. doi:10.16099/j.sus.2020.01.006.
- Xiong, H. (2022). Research on strategies and pathways for promoting physical activity and health in Chinese women. *Journal of Physical Education*, (03), 55-62. doi:10.16237/j.cnki.cn44-1404/g8.2021.03.007.
- Yang, Q. Y. (2022). "Conscious health" and "visual health": An interpretation of Chinese women's fitness fervor. *Northwest University Studies*, (6), 96-105. doi: 10.16486/j.cnki.62-1035/d.20221216.005.
- Yao, D., & Yang, J. W. (2020). A preliminary analysis of the aesthetic features of competitive aerobics from the perspective of aesthetics. *Sports World (Academic Edition)*, September, 3 + 2. doi: 10.16730/j.cnki.61-1019/g8.2019.09.002.
- Zhang, P., & Wang, R. (2020). Research on public sports services strategies for middle-aged and elderly people under the background of building a strong sports country. Papers Abstracts of the Thirteenth National Sports Science Congress - Poster Exchange (Physical Education Branch), pp. 386-388, Tianjin Institute of Physical Education. doi: 10.26914/c.cnkihy.2023.064390.
- Zhang, W. H., Tao, N. F., & Jia, F. Y. (2023). Realistic dilemmas and promoting strategies for sustainable development of fitness yoga under the background of healthy China (eds.). 2023 First International Sports Science Conference Conference Proceedings (pp. 93-96). Wuhan Sports Institute; doi: 10.26914/c.cnkihy.2023.025062.

Disclaimer/Publisher's Note: The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of KIHSS and/or the editor(s). KIHSS and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.