

中国工业设计协会理事单位 综合性专业设计杂志

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本期导读

随着现代社会的高速发展,生活节奏的日益加快,在相当长的时间内,人类"努力"的用透支生命和健康的方式激发了科学技术和社会经济的持续发展。回溯过去,年幼一代的课业压力、年轻一代的亚健康状态、年长一代的整体机能下降似乎都早已预示人类的生命健康已经面临着巨大的威胁和挑战。但彼时,人们并没有认识到这些问题将会使人类进入怎样一种危机。物质生活的日新月异甚至使人们忘记了,人类活动最本质的意义是生命的存续,身心的健康才是发展最基础的保障和动力。今天,普遍的身体素质下降、新型疾病层出不穷、治疗过分依赖人工药物、精神情感缺失、压力无法自我疏导等问题,使人们不得不直面曾经被严重忽视的身心健康问题。

在中国,从古至今都延续着一种对长生的执著。其实,其本质就是一种对健康的渴望。 古人早就意识到健康是一切人类活动最终的目的。因而始终不断地探寻能够获得健康的 方法。规律的生活、合理的膳食、乐观的心态、遇事积极的态度,甚至那些乐于运动的 生活习惯和各式各样的健康产品等都是帮助人们获得健康的方法。也正是基于人类对身 心健康的不断关注,因而才产生了各种各样围绕健康而引发的探索。健康之于设计而言, 其能够愉悦身心的健身产品就成为了人们关注的焦点。现阶段,健身产品的设计已经成 为设计师捍卫健康、改善人体机能的主要内容。科学、舒适、易于操作、智能化、人性 化的健身产品及设备不仅提升了人们身体的机能,更使人们获得了精神上的力量、情感 上的愉悦和生存的自信。设计师赋予这些产品的不仅是多元的功能和美丽的外观,还有 能够满足人们精神情感的意趣和希望。

本期,我们以"健康及健身产品设计"为主题,从日常的健康生活和健身活动出发,力图打破人们对健身和健康的传统认识,结合数字时代的智能科技及创新成果,深入挖掘影响现代人身心健康的"健身"产品,从生理锻炼和心理调节两个层面,推介那些能够满足现代人居家健身需求的产品,以期为那些仍受疫情影响而无法外出活动的人们提供一些运动参考和健康启示。同时,本期还分别邀请了设计领域的教育工作者和行业企业家做客我们的专栏,为基础教学工作解惑、为当前就业形势下学生的就业、创业提供鼓舞和指导。敬畏生命,关注人类健康是一个永恒的命题,运动健身仅仅是其中的冰山一角,让我们从现在开始在科学的指导下慢慢将冰山融化,通过创新性的产品设计警示人们健康和运动之于生命存续的意义,并以此来鼓励那些仍处于居家工作和学习的人们。最佳的生命健康保障从健身运动开始!