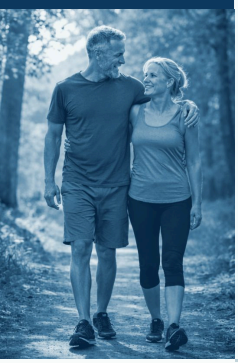
NIMARSTI Precision of Science. Wisdom of Nature.

Daily Fitness Foundations

Evidence-Governed Daily Visibility for Longevity & Functional Independence

The NIMARSTI™ Daily Fitness Foundations translate the Fitness Priority Matrix into a simple, repeatable daily reference. This is not a workout plan or performance standard.

It is a visibility tool—designed to help you see whether the most important fitness signals are present most days, over time. Success is judged by patterns, not perfection.



Foundational Movement

● Daily Priority: Required

Preserves movement capacity, joint health, balance, and recovery.

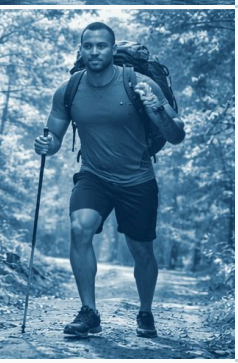
Examples include:

- Walking at a comfortable pace
- Daily mobility and joint range-of-motion work
- Balance and coordination activities
- Light functional movement (standing, squatting, carrying)

Dose & Frequency (Reference):

- Present across most days
- Low recovery cost
- No meaningful upper limit when recovery is intact

This category supports all higher-priority fitness signals.



Cardiovascular Fitness

● Daily Priority: Required

Preserves circulatory and metabolic capacity relative to age.

Examples include:

- Brisk walking
- Cycling
- Swimming
- Incline walking
- Sustained rhythmic movement

Dose & Frequency (Evidence-Based Reference):

- ~150–300 minutes per week of moderate-intensity activity
- or ~75–150 minutes per week of vigorous-intensity activity
- or a combination of both

Progressing toward the upper end of these ranges is associated with greater reductions in disease risk when recovery allows.



Resistance & Load

● Daily Priority: Required

Preserves muscle mass, strength, bone density, and independence.

Examples include:

- Bodyweight resistance
- Free weights or machines
- Resistance bands
- Functional patterns (hinge, squat, push, pull, carry)

Dose & Frequency (Reference):

- 2–3 resistance-loading exposures per week
- ~20–60 minutes per session, depending on load and recovery

When recovery remains intact, higher frequency or longer sessions may support greater strength and muscle preservation, but benefit is governed by recovery and sustainability rather than volume alone.



Higher-Intensity Training

○ Daily Priority: Conditional (Optional · Limited)

Optional stimulus when recovery capacity is strong.

Examples include:

- Short bursts of faster walking or cycling
- Interval-based aerobic efforts
- Brief, structured high-intensity intervals

Governance Rule:

Never required. Never foundational. Always recovery-governed. When tolerated, higher-intensity signaling can produce outsized gains in cardiorespiratory capacity and metabolic resilience—outcomes strongly associated with reduced mortality. These benefits are recovery-dependent; when recovery falters, risk rises and benefit declines.



Recovery

● Daily Priority: Non-Negotiable

Determines whether fitness builds capacity or accelerates decline.

Key signals include:

- Adequate sleep
- Absence of persistent pain or fatigue
- Energy sufficient to repeat activity
- Consistency without exhaustion

Governing Rule:

If recovery is compromised, load is reduced—regardless of category.

Recovery governs integration. Integration governs longevity.

Education only, not medical advice.