

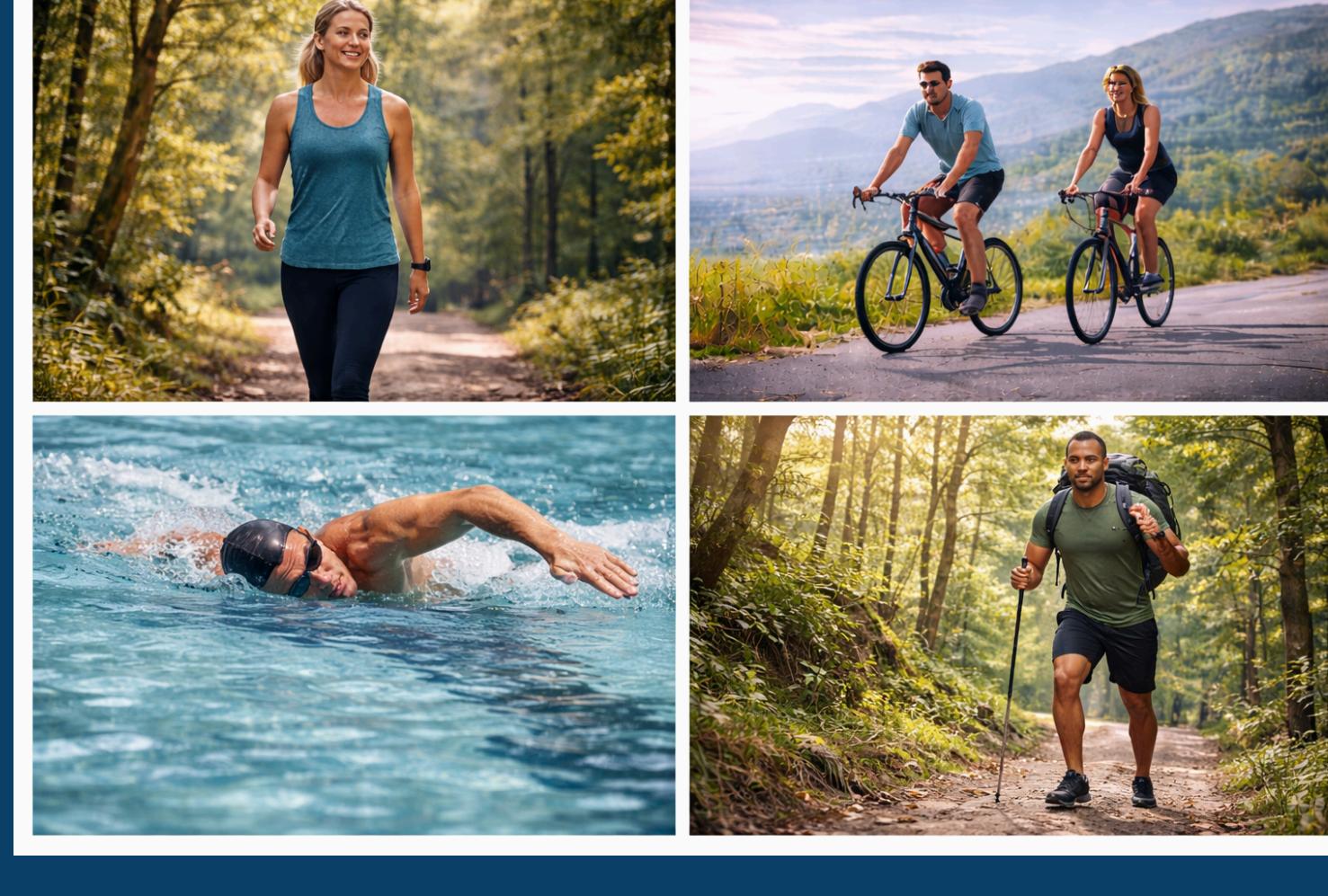
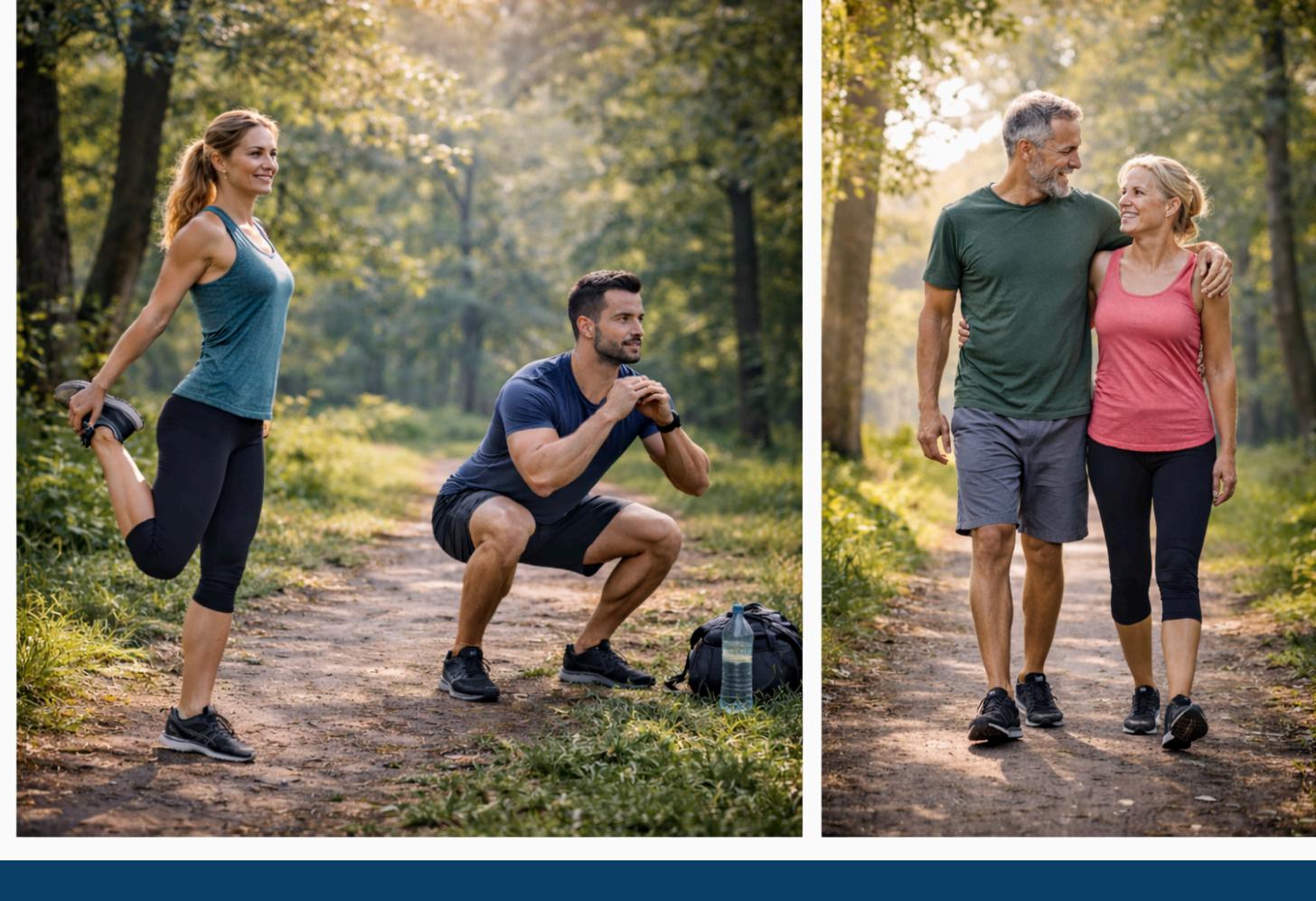


**NIMARSTI**

Precision of Science. Wisdom of Nature.

# Daily Fitness Foundations

**Evidence-Governed Daily Visibility for Longevity & Functional Independence**



## 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.

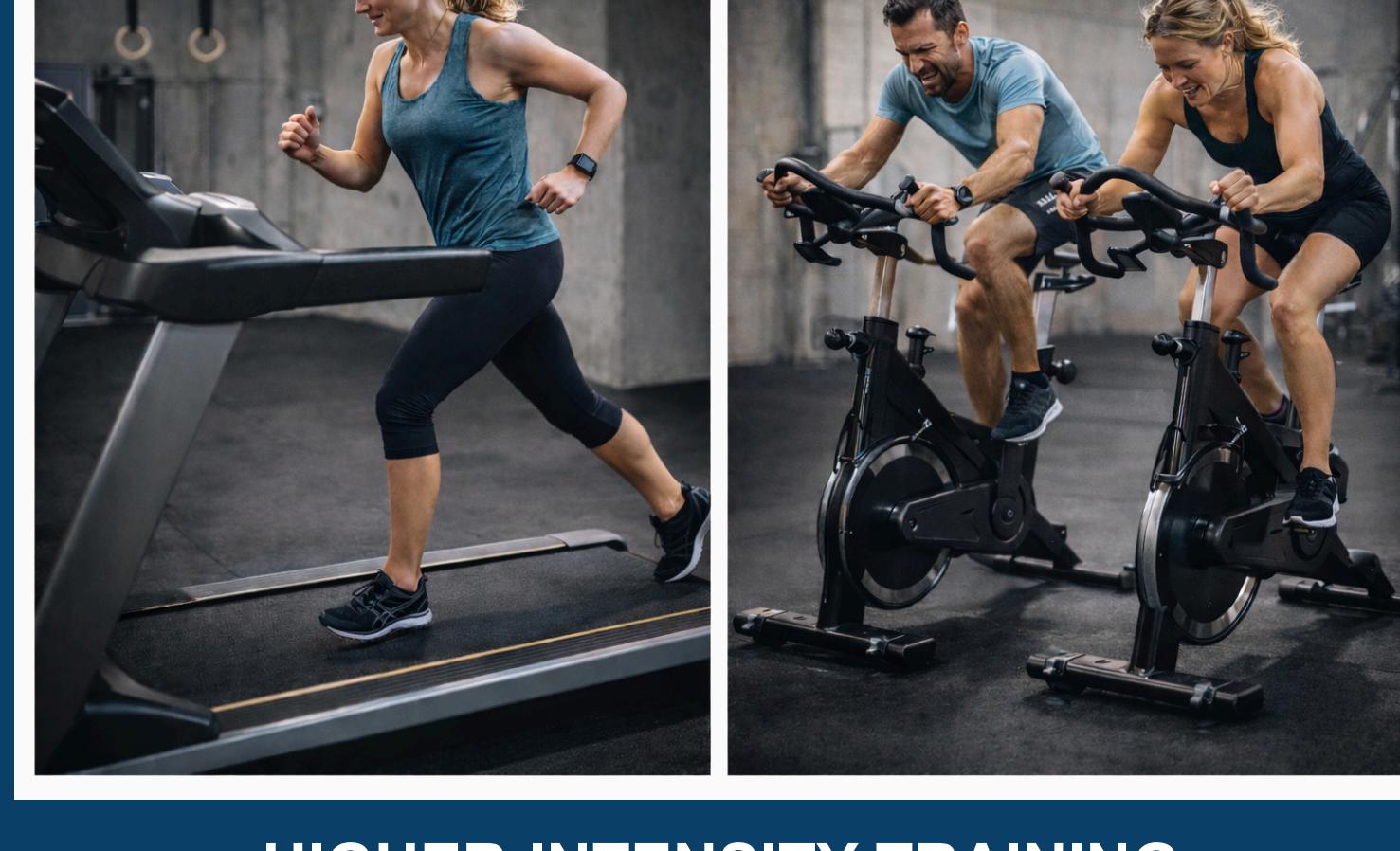
#### Examples include:

- 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)

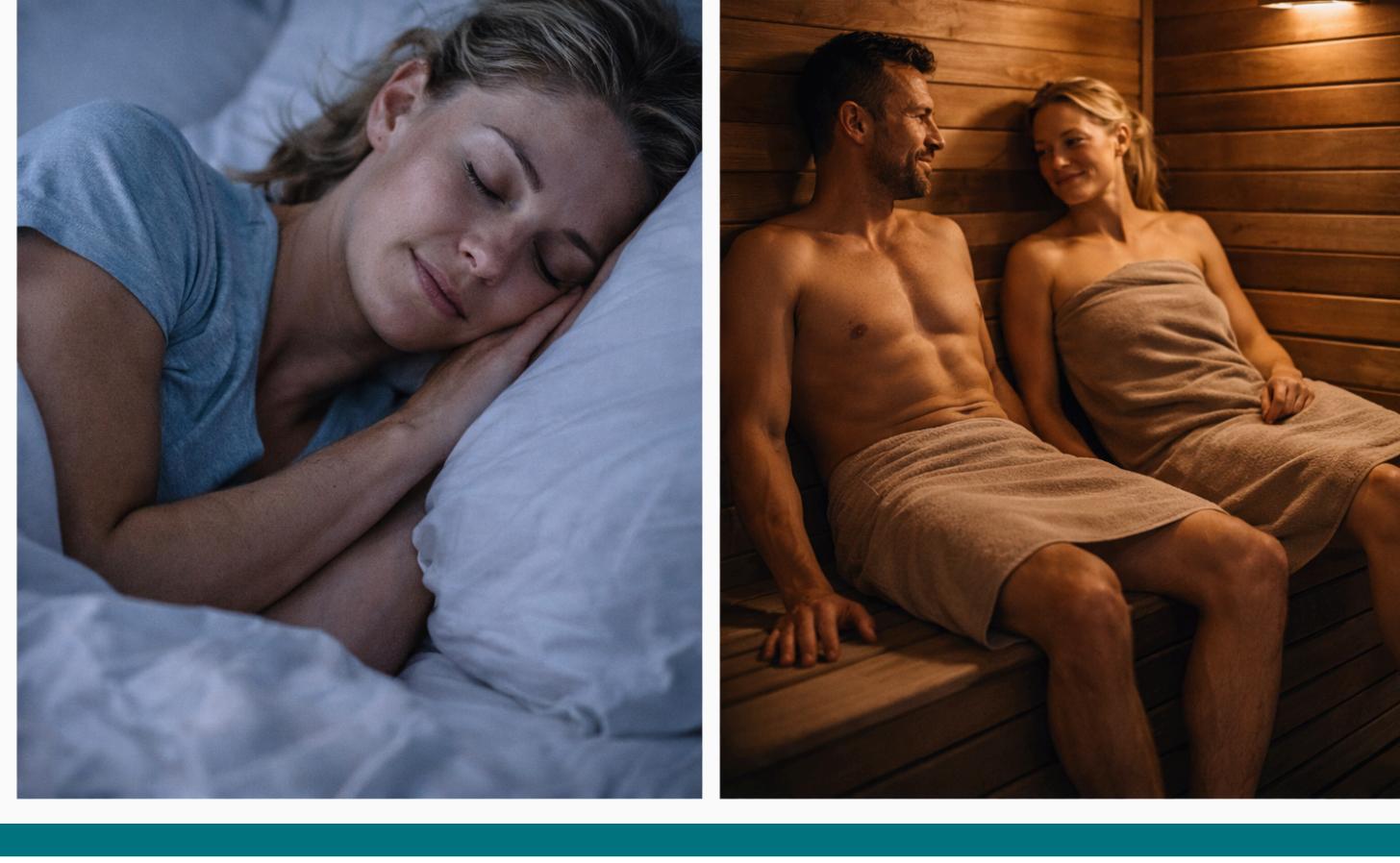
Optional stimulus when recovery capacity is strong.

#### 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.*

**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.**