

The Keep Well Stamina Starter Toolkit



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Rebuilding Energy and Endurance - One Steady Step at a Time

Many people assume stamina is something you either have or you don't.

But in reality, stamina is something the body **builds through use**.

The good news is that stamina can improve at almost any age when we begin to move consistently again.

This simple toolkit introduces a gentle starting point.

Not intense training.

Just steady, sensible steps to help the body rediscover its natural capacity for activity.

What Stamina Really Means

Stamina is the body's ability to **keep going without becoming exhausted too quickly**.

It depends on several systems working together:

- The heart and lungs delivering oxygen
- Muscles using energy efficiently
- The body maintaining stable energy levels
- The mind staying comfortable with activity

When stamina improves, everyday life begins to feel easier again.

Signs Your Stamina May Be Low

You might benefit from rebuilding stamina if you notice:

- Feeling tired after small tasks
- Becoming breathless more easily
- Avoiding longer walks or activity
- Needing frequent rest during the day
- Losing confidence in your physical ability

This does not mean something is wrong.

It usually just means the body has become **less accustomed to regular activity**.

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The 7-Day Stamina Starter Plan

This plan is designed to **wake the body up gently**, not exhaust it.

Day 1 - A Simple Walk

Take a **10-15 minute relaxed walk**.

The aim is simply to move.

Day 2 – Light Strength

Perform a few gentle movements:

- Sit to stand (5-8 repetitions)
 - Wall push-ups (5-8 repetitions)
 - Light stretching
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Day 3 – Walk Again

Repeat the **10-15 minute walk**.

Try to keep the pace comfortable.

Day 4 - Rest or Gentle Movement

Light activity only.

Examples:

- Stretching
 - Light housework
 - Short walk
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Day 5 - Slightly Longer Walk

Walk **15-20 minutes** at a comfortable pace.

Day 6 - Strength and Balance

Repeat the simple strength routine:

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- Sit to stand
 - Wall push-ups
 - Balance practice
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Day 7 - Active Day

Take a relaxed walk and notice how your body feels compared to Day 1.

Many people already notice small improvements.

Signs Your Stamina Is Improving

As stamina improves you may notice:

- Walking feels easier
- Recovery after activity becomes quicker
- Less breathlessness
- Greater confidence in movement
- More stable daily energy

Stamina improvements often appear **gradually but steadily**.

Nutrition That Supports Stamina

Energy does not only come from exercise.

Food choices also influence stamina.

Helpful habits include:

- Eating balanced meals
- Including enough protein
- Drinking enough water
- Avoiding long gaps without food
- Choosing whole foods where possible

Extreme diets are rarely helpful when rebuilding stamina.

The body needs **steady fuel**.

A Simple Habit That Improves Stamina

One of the most powerful stamina habits is surprisingly simple:

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Walk regularly.

Walking helps:

- the heart
- circulation
- muscles
- energy systems
- mood

Even **short daily walks** can gradually rebuild stamina.

When to Go Further

Once the body begins responding well to activity, many people benefit from a more structured approach.

This is where the **Keep Well Stamina Rebuild Programme** can help.

The programme provides:

- structured progression
 - guidance on stamina and strength
 - practical nutrition support
 - a clear path for improvement
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Take the Next Step

If you would like to understand your current stamina level, try the **Keep Well Stamina Self-Check Quiz**.

Or explore the **Stamina Rebuild Programme**, designed to help you rebuild strength, endurance and everyday energy over 12 weeks.

Small steps taken consistently can lead to very meaningful improvements.

Keep Well Reminder

You do not need extreme effort.

You simply need **steady, consistent movement**.

That is how stamina returns.