

The Sit–Lay–Decline Loop Quiz & Toolkit

Keep Well Nutrition & Health

The Sit–Lay–Decline Loop Quiz & Toolkit

Keep Well Nutrition & Health

Introduction

The Sit–Lay–Decline Loop happens gradually.

First, we sit a little longer.

Then we move a little less.

Over time, energy drops, muscles weaken, and stiffness creeps in.

“The more I sit, the more I want to sit - and the more I sit, the more I want to lie down.”

- Cedric Murray, *Keep Well Nutrition & Health*

This quiz and toolkit help you spot early signs of decline, introduce simple micro-movement, and reset daily energy and confidence - without pressure or guilt.

About the Quiz

This is a quick self-check, not a test.

- Takes: 2 minutes
- Questions: 8
- Purpose: Awareness, not judgement

Scoring Guide

- Best choice - 1 point
- Moderate - 2 points
- Needs improvement = 3 points

Lower scores = better movement habits.

The Sit-Lay-Decline Loop Quiz & Toolkit

The Sit-Lay-Decline Quiz

1. How often do you stand up during the day?
 Frequently Sometimes Rarely
 2. How often do you stretch or move your arms or legs while sitting?
 Regularly Occasionally Rarely
 3. Do you take short walks during breaks?
 Always Sometimes Never
 4. How often do you feel joint stiffness?
 Rarely Occasionally Frequently
 5. Do you notice low energy after sitting for long periods?
 Rarely Sometimes Often
 6. How often do you take the stairs instead of the lift or escalator?
 Often Sometimes Never
 7. Do you do any seated or chair-based exercises?
 Yes, regularly Occasionally No
 8. Do you feel you could improve your daily movement habits?
 Not really Somewhat Definitely
-

Score Yourself

Total Points	Your Result	What It Means
8–10	You're Moving Well	You stand, stretch, and stay active. Keep reinforcing these habits.
11–18	Moderately Active	You're moving some, but longer sitting spells may be slowing you down.
19–24	Sit-Lay-Decline Alert	Sitting time is dominating your day. It's time to gently reset movement.

The Sit-Lay-Decline Loop Quiz & Toolkit

Your Sit-Lay-Decline Reset Plan

1. Break the Loop

- Stand or move for 2–3 minutes every 30–40 minutes
- March on the spot, stretch, or change position

2. Re-Energise Muscles

- Try a Power-Up Routine:
 - Light upper-body tension
 - Deep breathing
 - Gentle hip and leg movements

3. Build Momentum

- Add a short daily walk
- Use step-ups on a low stair, doorstep, or garden wall

4. Gentle Strength

- Use dynamic tension or resistance bands
 - Focus on posture, control, and breathing - not speed
-

Refresh the Mind

Movement doesn't just help the body.

It improves alertness, memory, balance, and mood - helping you feel more capable, confident, and steady.

Keep Well Tips

- Stretch lightly during TV adverts instead of staying seated
- Keep resistance bands near your chair - 'out of sight, out of habit'
- Turn tea breaks into stand-up breaks
- Every glass of water is a hydration reminder to move