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Take a stand on **diabetes**  
  
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SIMPLY **standing** up could help stave off **diabetes.**

Tests on overweight women with a high Type 2 **diabetes** risk showed five minutes on their feet every 30 minutes had benefits similar to going for a walk.

Sugar levels fell 34% while walking led to only a 28% drop. Insulin levels went down 20%, though walking lowered them by 37%.

Leicester University's Dr Joseph Henson said: "Simply **standing** engages uptake of glucose into muscles. It's important to office workers."