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Five minutes on your feet could halt **diabetes**  
  
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STANDING up for just five minutes at a time could prevent **diabetes**, research suggests.

The breakthrough comes as experts say unhealthy lifestyles have put 12 million Britons at risk of developing the Type 2 version.

The findings add to growing evidence that sitting still for long periods could be putting millions at risk of serious illness.

Previous research has shown standing up at regular intervals could help to ward off obesity and heart disease.

Dr Joseph Henson, of the Leicester **Diabetes** Centre which carried out the research, said: "We are the first study to show simply standing at regular intervals during the course of the day significantly reduces **diabetes** risk." Tests were carried out on 22 overweight or obese women at high risk of Type 2 **diabetes**.

Researchers found that interrupting periods of **prolonged sitting** with five minutes of standing every 30 minutes reduced spikes in sugar levels after breakfast and lunch by 34 per cent.

This was similar to the 28 per cent fall triggered by walking.

Insulin concentrations fell by 20 per cent when standing, compared with 37 per cent for walking. The effect lasted for at least 24 hours.

The lives of four million people are now blighted by **diabetes** and treating it costs the NHS £10billion a year.

Type 2 **diabetes** develops when a lack of insulin means there is too much glucose in the blood.

Experts think that simply getting up out of a chair may increase the uptake of glucose in the muscles, which is then used as energy.

Dr Alasdair Rankin, of **Diabetes** UK, said: "This research does not suggest standing up alone is enough to prevent Type 2 **diabetes**.

"It adds to important evidence that sitting for a long time without getting up is bad for our health and something we should all try to avoid, regardless of whether we do regular exercise."