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New way to cut **diabetes** risk - and what it means for the health of office workers;   
Researchers say standing up can cut blood sugar and insulin levels, providing more evidence of the hazards of sitting still for hours at a time  
  
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**Diabetes** can be prevented just by standing up, suggests new research.

The study found regularly getting up from the desk or sofa reduces blood sugar and insulin levels in similar ways to going for a walk.

The findings add to evidence showing the dangers of sitting still for long periods and could have implications for millions of office workers.

Previous research has shown that standing up for at least an hour a day helps ward off the threat of obesity and heart disease.

For the new study, Doctor Joseph Henson and colleagues recruited 22 overweight or obese women at high risk of type 2 **diabetes** - the form related to lifestyle.

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They found interrupting periods of **prolonged** **sitting** with five minutes of standing every 30 minutes reduced the rise in sugar levels after breakfast and lunch by 34 per cent. This was more than the 28 per cent fall triggered by walking.

And insulin concentrations fell by 20 per cent - compared to 37 per cent for walking - on the day of the intervention.

Moreover the improvements in sugar levels after standing and walking persisted into the next day - although only walking also produced this for insulin.

Currently those at risk of **diabetes** are advised to engage in moderate-to-vigorous physical activity for at least 150 minutes per week.

But the latest research, published in the journal **Diabetes** Care, suggests breaking up prolonged periods of sitting with regular five minute bouts of light movement - or even standing - could be more effective.

Dr Henson, of Leicester University, said said: "Simply standing up engages the uptake of glucose into the large muscles.

"It's important to any people who sit for long periods of time - such as office workers.

"Breaking up long periods of sitting could be of benefit to everybody."

Does your job leave you sitting at your desk for hours?