

Breaking up prolonged sitting benefits postmenopausal women

December 7 2015



(HealthDay)—Breaking up prolonged sitting with standing or walking improves postprandial markers of cardiometabolic health in overweight/obese, dysglycemic, postmenopausal women, according to a study published online Dec. 1 in *Diabetes Care*.

Joseph Henson, from the University of Leicester in the United Kingdom, and colleagues randomized 22 overweight/obese, dysglycemic, [postmenopausal women](#) to either prolonged, unbroken sitting (7.5 hours) or prolonged sitting broken up with either standing or walking at [light intensity](#) (for five minutes every 30 minutes); allocation and treatment order were randomized. All participants underwent the 7.5-hour sitting protocol the following day.

The researchers found that both standing and walking significantly

reduced the glucose incremental area under the curve compared with a prolonged bout of sitting (both P

"This simple, behavioral approach could inform future [public health interventions](#) aimed at improving the metabolic profile of postmenopausal, dysglycemic women," the authors write.

More information: [Abstract](#)
[Full Text](#)

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Citation: Breaking up prolonged sitting benefits postmenopausal women (2015, December 7) retrieved 21 May 2024 from <https://medicalxpress.com/news/2015-12-prolonged-benefits-postmenopausal-women.html>

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