Reducing sedentary time mitigates the risk of type 2 diabetes and cardiovascular diseases

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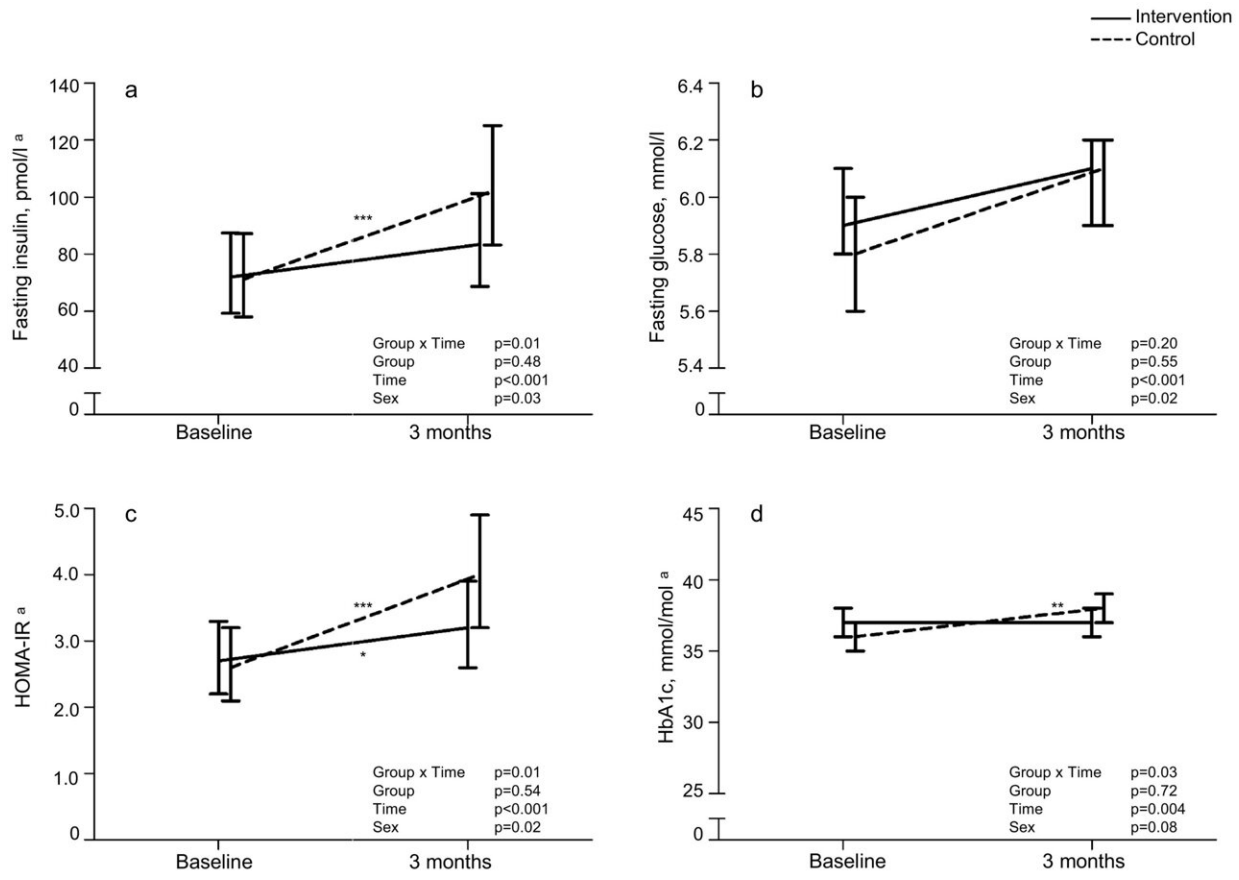

The intervention effects on glycemic outcomes. Mean (95 % CI) a) fasting insulin (pmol/l), b) fasting glucose (mmol/l), c) HOMA-IR, and d) HbA1c (mmol/mol) at baseline and at three months in sedentary, inactive adults with metabolic syndrome. Solid line represents the intervention group and dashed line the control group. a = log10 transformed; means are back-transformed geometric model-based means (95 % CI) * = Tukey's p

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