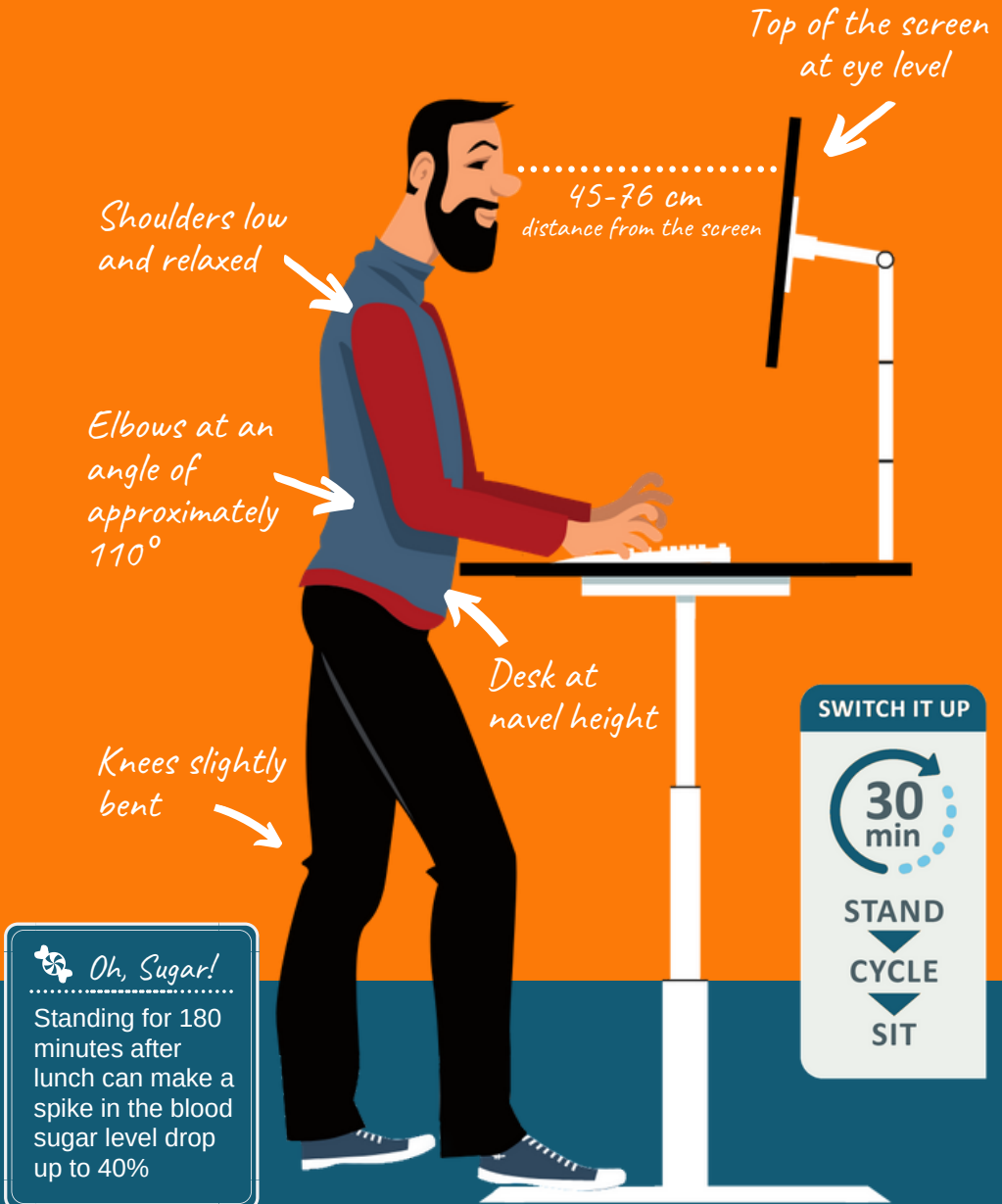


# Desk Instruction



*Oh, Sugar!*

Standing for 180 minutes after lunch can make a spike in the blood sugar level drop up to 40%



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