



Diabetes Prevention Services



HOLIDAY EATING & EXERCISE LEARNING PROGRAM (H.E.L.P.)

THE PROGRAM IS OPEN TO ENROLLED MEMBERS OF THE SRPMIC
AND THEIR FAMILIES WHO ARE 15 YEARS OLD OR OLDER.
SRPMIC TRIBAL EMPLOYEES ARE ALSO ELIGIBLE TO JOIN.



12-WEEK CHALLENGE

NOVEMBER 1, 2026 – JANUARY 23, 2027

The holidays are meant to be enjoyed!

From Thanksgiving favorites and holiday parties to Christmas treats and New Year celebrations, you can enjoy the foods and traditions you love while still taking care of **YOU**. The H.E.L.P. 12-Week Challenge is here to **support** you in finding balance—not perfection! Stay active, make mindful food choices, keep moving, and build simple healthy habits that can help you maintain your weight and feel energized throughout the holiday season.

Don't let the holidays put your healthy goals on hold!

Simple changes can make a **BIG** difference—take a walk after dinner, fit in a quick workout, add more nutritious foods to your plate, stay hydrated, and enjoy your favorite holiday treats in moderation. H.E.L.P. will keep you motivated with weekly support, fitness challenges, healthy recipes, practical tips, and encouragement to keep you moving forward.

*Enjoy the celebrations, stay active, eat well,
and finish the holidays feeling stronger, healthier,
and ready to take on 2027! ❤️*

If you want to learn more about H.E.L.P.,
you can reach out to Michelle Long at Michelle.Long@SRPMIC-nsn.gov