



# H.E.L.P. is here

(HOLIDAY EXERCISE/EATING LEARNING PROGRAM)

**This holiday season...take charge of your weight.**

Open to SRPMIC Community Members & their family, SRPMIC Residence,  
and SRPMIC Tribal & Enterprise Employees

**YOU'LL WORK IN A TEAM OF 2 TO KEEP EACH OTHER MOTIVATED & ACCOUNTABLE.**

The holiday season wreaks havoc on our bodies. Stress and irregular sleep messes with our workout routine. Plus there is tempting food everywhere beckoning us and calling our names. From Halloween to New Year's Day the average weight gain is about 1 to 4 pounds every holiday season that we never lose. Over time, those pounds add up! So, let's head into 2017 a little bit healthier. Join the Diabetes Program H.E.L.P. program and enjoy the holidays with balance and maintain your weight this holiday season!

**Why do you struggle with weight gain though the holidays?**

**Many challenges exist, such as office potlucks, family gatherings, holiday treats,  
and traditions of over-eating.**

**MAINTAIN YOUR WEIGHT  
THROUGH THE HOLIDAY SEASON**

**COMPLETE A PRE-HOLIDAY WEIGH-IN BETWEEN NOV 7 – 18, 2016**

**PROGRAM BEGINS MON NOV 21 AND ENDS SUN JAN 29, 2017**

**For more information contact Fitness Staff at 480-362-7320.**

