American Diabetes Association®

National Diabetes Prevention Program

Celebrate the Holidays, Keep Moving!

Keep moving while you enjoy the holiday season.

The holidays can be busy, but staying active doesn't have to mean finding extra time for physical activity. Look for simple ways to move while celebrating with family and friends. A little activity throughout the day can add up and help you stay on track with your healthy habits.



Make physical activity part of your holiday traditions with the following tips:

- Take a family walk after dinners.
- Dance to your favorite holiday music.
- Walk around the neighborhood to enjoy lights and decorations.
- Play with kids or grandkids during gatherings.
- Find ways to take extra steps as you do your holiday shopping or run errands.
- Take the stairs when you can.
- Walk and talk when catching up with family and friends.



Remember, things on your to-do list like cleaning, decorating, or shopping are opportunities to move.

Aim for 150 minutes of physical activity each week. You can break it into smaller chunks, like 30 minutes per day for five days each week. Even 10 minutes at a time counts toward your goal.

The National Diabetes Prevention Program can help you build lasting habits around healthy eating, physical activity, tracking, and staying motivated all year long while **reducing your risk for diabetes by 58%** (71% for people over 60 years).

Learn More
diabetes.org/DPP