

To receive the completion award, each participant needs to **enroll** in the Spring Into Shape challenge and **attend the CHPS class**. All **Spring Into Shape** participants will receive a completion award at the check-out, dependent upon level of completion.

CHPS Check-Outs (choose one)

20 JUN	1200 – 1400	MSG Lobby
22 JUN	1000 – 1200	Fitness Center
23 JUN	0800 – 1200	Bldg. 4548
26 JUN	0900 – 1100	MSG Lobby
27 JUN	0800 – 1000	Fitness Center
28 JUN	0800 – 1100	Bldg. 4548
29 JUN	1200 – 1400	MSG Lobby
30 JUN	0800 – 1200	Bldg. 4548

Important Spring Into Shape Dates:

Enroll Online: 17 APR – 28 APR

Check-In & Award Pick-up: 17 APR – 28 APR

SIS Challenge Dates/Attend Challenge Class: 01 MAY – 11 JUN

Check-Out & Award Pick-up: 20 JUN – 30 JUN

Remember:

- Participation is **FREE**
- The schedule is subject to change. Visit USAFwellness.com for the most up-to-date information.

Contact Barksdale CHPS

318-456-8046 (Phone)

danielle.tilden.ctr@us.af.mil (Email)

CHPSsupport@us.af.mil

Bldg. 4548, Rm 105(Base Location)



Enrollment Award:
FREE Water Bottle



Completion Award:
FREE Gym Towel
(color may vary)

The **Spring Into Shape** physical activity challenge is an Air Force Civilian Health Promotion Services (CHPS) program initiative to improve overall health by increasing physical activity among the workforce across AFMC, AMC, AFSOC, ACC, AETC, AFGSC, and USSF.

How do I participate in the Spring Into Shape challenge?

- 1. Visit USAFwellness.com to enroll** between 17-28 APR.
Participants can enroll after 28 APR by contacting their local CHPS team or CHPSsupport@us.af.mil (Federal Civilians need to have an up-to-date HRA to participate).
- 2. Print your Spring Into Shape confirmation email and attend an in-person check-in** event with CHPS between 17-28 APR, to finalize enrollment. You can complete a wellness screening (CRP, BP, body comp) as well as receive your free enrollment award at this visit.
- 3. Perform and log at least 750 minutes of physical activity** between 01 MAY – 11 JUN on the USAFwellness.com Activity Log.
- 4. Attend ONE Spring Into Shape class with CHPS titled, “Get Up and Get Moving”** between 01 MAY – 09 JUN. In-person and virtual sessions available.
- 5. Attend an in-person check-out event** with CHPS between 20 JUN – 30 JUN to receive your free completion award.

IF completing virtually, you may schedule a time with CHPS staff to come on base and collect your incentive awards

Everyone who enrolls and attends a check-in will receive a **FREE Water Bottle (while supplies last)**! Award pick-up must be completed in person.

CHPS Check-In (choose one)

18 APR	1100 – 1300	MSG. Lobby
18 APR	1300 – 1500	Bldg. 4548, Rm 105
19 APR	0800 – 1200	Bldg. 4548, Rm 105
20 APR	0830 – 1030	MSG Lobby
24 APR	0800 – 1100	Bldg. 4548, Rm 105
25 APR	1345 – 1500	MSG Lobby
27 APR	1100 – 1200	Fitness Center Lobby
28 APR	0800 – 1100	Bldg. 4548, Rm 105

Attend **one** session of the “Get Up and Get Moving” class either in-person or virtually. You can access ZoomGov virtual classes through QR code or Meeting ID and Passcode listed below.

In-Person – ‘Get Up and Get Moving’ Class Schedule

(schedule may change – please check USAFwellness.com for updated information)

02 MAY	1200 – 1230	SAPR
11 MAY	1400 – 1430	Bldg. 4548
16 MAY	1200 – 1230	MFRC
24 MAY	0800 – 0830	Bldg. 4548
29 MAY	1200 – 1230	SAPR
02 JUN	1100 – 1130	Bldg. 4548
06 JUN	1430 – 1500	MFRC

Virtual – ‘Get Up and Get Moving’ Class Schedule

(schedule may change – please check USAFwellness.com for updated information)

5 MAY	1000 – 1030
26 MAY	1000 – 1030
2 JUN	1000 – 1030
9 JUN	1000 – 1030



Meeting ID: 161 783 3816
Passcode: CHPS