

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	0700 – 1000	CHPS Bldg. 4320 Rm 306
21 JUN	1200 – 1400	Benko Fitness Center
22 JUN	0700 – 1000	CHPS Bldg. 4320 Rm 306
26 JUN	0800 – 1000	PDC Bldg. 2441 Rm 308
27 JUN	0700 – 1000	CHPS Bldg. 4320 Rm 306
29 JUN	0700 – 1000	CHPS Bldg. 4320 Rm 306

*If you want the CHPS team to come to your office to offer services for federal civilians, please contact us!

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 Davis-Monthan CHPS

520-228-5123

Deborah.davis.21.ctr@us.af.mil

CHPSsupport@us.af.mil

Bldg 4320 Rm 306 Davis-Monthan AFB



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)

17 APR	1200 – 1400	Benko Fitness Center
18 APR	0700 – 1000	CHPS Bldg. 4320 Rm 306
20 APR	0700 – 1000	CHPS Bldg. 4320 Rm 306
21 APR	0900 – 1100	Bldg. 2441 Education Center
24 APR	0730 – 0930	MSG Bldg. 3200 Rm 202
25 APR	0700 – 1000	CHPS Bldg. 4320 Rm 306
27 APR	0700 – 1000	CHPS Bldg. 4320 Rm 306

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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)

04 MAY	1100-1200	Benko Fitness Center
09 MAY	1400-1500	Bldg. 2441, room 129
11 MAY	1400-1500	Bldg. 2441, room 129
16 MAY	1400-1500	Bldg. 2441, room 129
18 MAY	1400-1500	Bldg. 2441, room 129
23 MAY	1100-1200	Benko Fitness Center
30 MAY	1100-1200	Benko Fitness Center

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Virtual – ‘Get Up and Get Moving’ Class Schedule

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

03 MAY	1400 – 1500
10 MAY	1400 – 1500
17 MAY	1400 – 1500
24 MAY	1400 – 1500
31 MAY	1400 – 1500
07 June	1400 – 1500



Meeting ID: 161 907 1536

Passcode: CHPS