

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	1100 –1300	Oasis Center
21 JUN	1100 –1300	Base Exchange
22 JUN	1100 –1400	Bldg. 2200
23 JUN	1100 –1300	Bldg. 2204 RM. 2
26 JUN	1100 –1300	Bldg. 2204 RM. 2
27 JUN	1100 –1300	Plant 42
28 JUN	1100 –1400	Bldg. 2200
29 JUN	1100 –1300	Bldg. 3000
30 JUN	1100 –1300	Bldg. 2204 RM. 2

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 Edwards CHPS

661-275-6971

Lauren.Rollenahgen.1.ctr@us.af.mil

CHPSsupport@us.af.mil

Bldg. 2204 RM. 2



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	1130 – 1330	Bldg. 2204 RM. 2
18 APR	1030 – 1230	Bldg. 3000
19 APR	1030 – 1230	Bldg. 2500
20 APR	1200 – 1430	Bldg. 2200
21 APR	1130 – 1330	Bldg. 2204 RM. 2
24 APR	1130 – 1330	Bldg. 2200
25 APR	1200 – 1330	Plant 42
26 APR	1100 – 1300	Base Exchange
27 APR	1230 – 1400	Bldg. 2204 RM. 2
28 APR	0800 – 1130	Bldg. 2204 RM. 2

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 – 1300	Bldg. 3000
09 MAY	1200 – 1300	Bldg. 2200 RM. AR
10 MAY	1100 – 1200	Plant 42
23 MAY	1100 – 1200	Oasis Center
24 MAY	1200 – 1300	Bldg. 2670 RM. A104
31 MAY	1200 – 1300	Plant 42
01 JUN	1200 – 1300	Bldg. 2200 RM. AR
06 JUN	1200 – 1300	Bldg. 2204 RM. 2
07 JUN	1200 – 1300	Bldg. 2204 RM. 2
09 JUN	1200 – 1300	Plant 42

Virtual – ‘Get Up and Get Moving’ Class Schedule

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

12 MAY	1100 – 1200
19 MAY	1100 – 1200
26 MAY	1100 – 1200
02 JUN	1100 – 1200
08 JUN	1100 – 1200



Meeting ID: 161 628 9329

Passcode: CHPS