

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)

21 JUN	1100 – 1330	Bldg. 2579, Room 8B
23 JUN	0730 – 1000	Bldg. 2579, Room 8B
26 JUN	0730 – 1000	Bldg. 2579, Room 8B
27 JUN	0830 – 1000	Bldg. 615, Luke's Place
27 JUN	1100 – 1300	Bldg. 1757, BX
28 JUN	1100 – 1330	Bldg. 2579, Room 8B
28 JUN	1130 – 1300	Main Fitness Center Lobby
29 JUN	0900 – 1030	Bldg. 350, Lobby
30 JUN	0730 – 1000	Bldg. 2579, Room 8B

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 Eglin CHPS

(850) 883-8024

taylor.reece.ctr@us.af.mil

CHPSsupport@us.af.mil

2579 Gaffney Rd., Bldg. 2579, Rm 8B, Eglin AFB, FL



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	0730 – 1000	Bldg. 2579, Room 8B
19 APR	1100 – 1330	Bldg. 2579, Room 8B
20 APR	0830 – 1000	Bldg. 615, Luke’s Place
21 APR	0730 – 1000	Bldg. 2579, Room 8B
24 APR	0730 – 1000	Bldg. 2579, Room 8B
25 APR	0900 – 1030	Bldg. 350, Lobby
25 APR	1100 – 1300	Bldg. 1757, BX
26 APR	1100 – 1330	Bldg. 2579, Room 8B
26 APR	1130 – 1300	Main Fitness Center Lobby
28 APR	0730 – 1000	Bldg. 2579, Room 8B

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)

05 MAY	1200 – 1245	Bldg. 2579, Rm. 9
12 MAY	1200 – 1245	Bldg. 2579, Rm. 9
19 MAY	1200 – 1245	Bldg. 2579, Rm. 9
26 MAY	1200 – 1245	Bldg. 2579, Rm. 9
02 JUN	1200 – 1245	Bldg. 2579, Rm. 9
09 JUN	1200 – 1245	Bldg. 2579, Rm. 9

Virtual – ‘Get Up and Get Moving’ Class Schedule (schedule may change – please check USAFwellness.com for updated information)

04 MAY	1200 – 1245
08 MAY	1200 – 1245
18 MAY	1200 – 1245
22 MAY	1200 – 1245
01 JUN	1200 – 1245
05 JUN	1200 – 1245



Meeting ID: 161 104 1835
Passcode: CHPS