

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	0730 – 1030	Bldg. 380
20 JUN	1100 – 1200	Bldg. 301, Annex
20 JUN	1400 – 1500	Bldg. 380
20 JUN	1230 – 1330	Bldg. 380
22 JUN	1030 – 1130	Bldg. 166
22 JUN	1200 – 1300	Bldg. 301, Annex
26 JUN	0730 – 1030	Bldg. 380
26 JUN	1100 – 1200	Bldg. 301, Annex
27 JUN	1400 – 1500	Bldg. 380
29 JUN	1030 – 1130	Bldg. 166
29 JUN	1200 – 1300	Bldg. 301, Annex

**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](http://USAFwellness.com) for the most up-to-date information.

**Contact Robins CHPS**

478-926-3550

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CHPSsupport@us.af.mil

Bldg. 380, Upstairs Rm 200A



**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 – 1030	Bldg. 380, RM 200A
17 APR	1100 – 1200	Bldg. 301, Annex
18 APR	1400 – 1500	Bldg. 380, RM 200A
20 APR	1030 – 1130	Bldg. 166, Base Rest.
20 APR	1200 – 1300	Bldg. 301, Annex
21 APR	0900 – 1100	Hangar 125, Upstairs
24 APR	0730 – 1030	Bldg. 380, RM 200A
24 APR	1100 – 1200	Bldg. 301, Annex
25 APR	1400 – 1500	Bldg. 380, RM 200A
27 APR	1030 – 1130	Bldg. 166, Base Rest.
27 APR	1200 – 1300	Bldg. 301, Annex

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)

01 MAY	1100 – 1200	Bldg. 301, Annex
02 MAY	1330 – 1430	Bldg. 207, OMS CR
04 MAY	1200 – 1300	Bldg. 301, Annex
08 MAY	1100 – 1200	Bldg. 301, Annex
15 MAY	1100 – 1200	Bldg. 301, Annex
16 MAY	1230 – 1330	Bldg. 380, Upstairs
22 MAY	1100 – 1200	Bldg. 301, Annex
25 MAY	1200 – 1300	Bldg. 301, Annex
30 MAY	1100 – 1200	Bldg. 301, Annex
01 JUN	1200 – 1300	Bldg. 301, Annex
05 JUN	1100 – 1200	Bldg. 301, Annex
06 JUN	1330 – 1430	Bldg. 207, OMS CR

### Virtual – ‘Get Up and Get Moving’ Class Schedule

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

03 MAY	1130 – 1230
09 MAY	1330 – 1430
10 MAY	1230 – 1330
24 MAY	1130 – 1230
31 MAY	1130 – 1230
02 JUN	1200 – 1300
07 JUN	1130 – 1230
09 JUN	1300 – 1400



**Meeting ID: 160 228 9492**  
**Passcode: CHPS**