

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 – 1100	Bldg. 225 Room 111
21 JUN	0830 – 0930	Sam’s Fitness
22 JUN	0900 – 1100	Bldg. 500 Discovery Area
23 JUN	0800 – 1200	Bldg. 225 Room 111
26 JUN	1100 – 1300	Bldg. 225 Room 111
29 JUN	0700 – 0800	AB Fitness Center

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 JB Charleston CHPS

843-963-8847

Nicole.m.moore74.ctr@health.mil

CHPSsupport@us.af.mil

Bldg. 225 Room 111



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)

20 APR	0700 – 1000	Bldg. 225 Room 111
21 APR	0630 – 0800	AB Fitness Center
21 APR	0830 – 1000	Bldg. 225 Room 111
24 APR	0730 – 0900	Sam’s Fitness
24 APR	1100 – 1400	Bldg. 225 Room 111
25 APR	0900 – 1200	Bldg. 721 1 st Floor Conference Room
27 APR	0900 – 1100	Bldg. 500 Discovery Area
28 APR	0700 – 1100	Bldg. 225 Room 111

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)

10 MAY	1030 – 1130	Bldg. 721 1 st Floor Conference Room
11 MAY	1130 – 1230	Bldg. 500 Classroom B
17 MAY	1130 – 1230	Bldg. 221 Room 138
25 MAY	1130 – 1230	Bldg. 500 Classroom B
08 JUN	1130 – 1230	Bldg. 500 Classroom B

Virtual – ‘Get Up and Get Moving’ Class Schedule

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

02 MAY	1300 – 1345
09 MAY	1300 – 1345
18 MAY	1130 – 1215
01 JUN	1130 – 1215
06 JUN	1300 – 1345



Meeting ID: 160 535 6632
Passcode: CHPS