

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	0900 – 1000	Shellbank Fitness Center
21 JUN	0800 – 0900	Shellbank Fitness Center
22 JUN	0900 – 1030	Shellbank Fitness Center
23 JUN	1100 – 1400	ACC Fitness Center
27 JUN	1000 – 1100	Shellbank Fitness Center
28 JUN	1300 – 1400	Shellbank Fitness Center
29 JUN	0900 – 1030	Shellbank Fitness Center
30 JUN	1100 – 1400	ACC 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](http://USAFwellness.com) for the most up-to-date information.

**Contact JB Langley-Eustis CHPS**

757.225.7824

Stephanie.Rusnak.ctr@health.mil

CHPSsupport@us.af.mil

Bldg. 256, Rm 1228 Langley Hospital



**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	1100 – 1200	Shellbank Fitness Center
20 APR	0900 – 1030	Shellbank Fitness Center
20 APR	1100 – 1300	Bateman Library
21 APR	1100 – 1300	ACC Fitness Center
24 APR	1100 – 1200	Shellbank Fitness Center
24 APR	1400 – 1500	ACC Fitness Center
25 APR	1100 – 1200	Shellbank Fitness Center
27 APR	0900 – 1030	Shellbank Fitness Center
27 APR	1100 – 1300	Bateman Library
28 APR	1100 – 1300	ACC Fitness Center

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	1130 – 1230	Bateman Library
02 MAY	1100 – 1200	Shellbank Fitness Center
03 MAY	1300 – 1400	Bateman Library
15 MAY	1200 – 1300	Shellbank Fitness Center
22 MAY	1200 – 1300	Shellbank Fitness Center
23 MAY	1100 – 1200	Shellbank Fitness Center
30 MAY	1100 – 1200	Shellbank Fitness Center
05 JUN	1200 – 1300	Shellbank Fitness Center
06 JUN	1100 – 1200	Shellbank Fitness Center
08 JUN	1100 – 1200	Shellbank Fitness Center

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

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

03 MAY	1100 – 1200
08 MAY	1100 – 1200
16 MAY	0900 – 1000
18 MAY	1400 – 1500
23 MAY	0900 – 1000
30 MAY	0900 – 1000
07 JUN	1100 – 1200
08 JUN	1400 – 1500
09 JUN	0900 – 1000



SCAN ME

**Meeting ID:** 161 168 6145  
**Passcode:** CHPS