

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	0800 – 1100	McGuire Fitness Center, Rm 118
21 JUN	1100 – 1230	McGuire Fitness Center, Lobby
22 JUN	1100 – 1230	Griffith Gym, Lobby
23 JUN	0730 – 1300	McGuire Fitness Center, Rm 118
26 JUN	0730 – 1300	McGuire Fitness Center, Rm 118
29 JUN	1130 – 1230	Halverson Dining Facility, Lobby
30 JUN	0730 – 1500	McGuire Fitness Center, Rm 118

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 MDL CHPS

609-754-1963

Anna.Orlov.ctr@us.af.mil

CHPSsupport@us.af.mil

Bldg. 2504, Rm 104



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 – 1300	McGuire Fitness Center, Rm 118
18 APR	1100 – 1230	McGuire Fitness Center, Lobby
20 APR	1100 – 1230	Griffith Gym, Lobby
21 APR	0730 – 1300	McGuire Fitness Center, Rm 118
24 APR	0730 – 1300	McGuire Fitness Center, Rm 118
26 APR	1100 – 1230	Halverson Dining Facility, Lobby
28 APR	0730 – 1300	McGuire Fitness Center, Rm 118

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	1130 – 1215	Lakehurst Fitness Center, Conf Rm
09 MAY	1130 – 1215	Tommy B’s, Liberty Rm
11 MAY	1130 – 1215	McGuire Fitness Center, Rm 113
23 MAY	1130 – 1215	McGuire Fitness Center, Rm 113
06 JUN	1400 – 1445	McGuire Fitness Center, Rm 113

Virtual – ‘Get Up and Get Moving’ Class Schedule

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

03 MAY	1130 – 1215
16 MAY	1400 – 1445
17 MAY	1130 – 1215
25 MAY	1200 – 1245
07 JUN	1130 – 1215



Meeting ID: 160 565 7430

Passcode: CHPS