

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 | 1230 – 1430 | East Side Fitness Center |
| 21 JUN | 0800 – 1030 | Bldg. 20245, The Welcome Center |
| 22 JUN | 1030 – 1230 | East Side Fitness Center |
| 23 JUN | 1300 – 1430 | Bldg. 20245, The Welcome Center |
| 26 JUN | 1230 – 1430 | East Side Fitness Center |
| 27 JUN | 1030 – 1230 | East Side Fitness Center |
| 28 JUN | 0800 – 1030 | Bldg. 20245, The Welcome Center |
| 29 JUN | 1230 – 1430 | East Side Fitness Center |
| 30 JUN | 1230 – 1430 | Bldg. 20245, The Welcome 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 Kirtland CHPS

505-846-8958

Regene.williford.1.ctr@us.af.mil

CHPSsupport@us.af.mil

Bldg. 20245 Rm 132



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 | 1230 – 1430 | East Side Fitness Center |
| 18 APR | 1030 – 1230 | East Side Fitness Center |
| 19 APR | 0800 – 1030 | Bldg. 20245, The Welcome Center |
| 21 APR | 1300 – 1430 | Bldg. 20245, The Welcome Center |
| 24 APR | 1230 – 1430 | East Side Fitness Center |
| 25 APR | 1030 – 1230 | East Side Fitness Center |
| 26 APR | 0800 – 1030 | Bldg. 20245, The Welcome Center |
| 27 APR | 1230 – 1430 | East Side Fitness Center |
| 28 APR | 1300 – 1430 | Bldg. 20245, The Welcome 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)

| | | |
|--------|-------------|--|
| 03 MAY | 1330 – 1430 | Military & Family Readiness Center, Room 126 |
| 09 MAY | 1330 – 1430 | Military & Family Readiness Center, Room 126 |
| 12 MAY | 1330 – 1430 | Bldg. 20245, The Welcome Center |
| 17 MAY | 1330 – 1430 | Bldg. 20245, The Welcome Center |
| 22 MAY | 1330 – 1430 | Military & Family Readiness Center, Room 126 |
| 07 JUN | 1330 – 1430 | Education & Training Center, Room 210 |
| 09 JUN | 1330 – 1430 | Education & Training Center, Room 210 |

Virtual – ‘Get Up and Get Moving’ Class Schedule

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

| | |
|--------|-------------|
| 18 MAY | 1400 – 1500 |
| 25 MAY | 1400 – 1500 |
| 01 JUN | 1400 – 1500 |



Meeting ID: 160 138 5378

Passcode: CHPS