

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 – 1030	WIC Bldg #1140
21 JUN	0700 – 1030	WIC Bldg #1140
22 JUN	0700 – 1030	WIC Bldg #1140
23 JUN	1000 – 1100	Luke Library
27 JUN	0700 – 1030	WIC Bldg #1140
28 JUN	0700 – 1030	WIC Bldg #1140
29 JUN	0700 – 1030	WIC Bldg #1140
30 JUN	0700 – 1030	WIC Bldg #1140

**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 LUKE CHPS**

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[CHPSsupport@us.af.mil](mailto:CHPSsupport@us.af.mil)

Bldg. #1140 (inside WIC) – Luke AFB



**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	0700 – 0900	Bryant Fitness Cent.
18 APR	0700 – 1000	WIC Bldg, #1140
19 APR	0700 – 1000	WIC Bldg, #1140
21 APR	1000 – 1130	Luke Library
24 APR	0700 – 1000	WIC Bldg, #1140
25 APR	0700 – 1000	WIC Bldg, #1140
26 APR	0700 – 1000	WIC Bldg, #1140
28 APR	1000 – 1130	Luke Library

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)

09 MAY	1200 – 1300	Luke Library
10 MAY	1200 – 1300	FCC Conf. Room, (Bldg #1140)
17 MAY	1200 – 1300	FCC Conf. Room, (Bldg #1140)
23 MAY	1200 – 1300	Luke Library
08 JUN	1200 – 1300	FCC Conf. Room, (Bldg #1140)

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

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

01 MAY	1200 – 1300
04 MAY	1200 – 1300
01 JUN	1200 – 1300
02 JUN	1200 – 1300
05 JUN	1200 – 1300
06 JUN	1200 – 1300
07 JUN	1200 – 1300
09 JUN	1200 – 1300



Meeting ID: 161 267 7660  
Passcode: CHPS