

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	1100 – 1400	Kelly Fitness Center - Lobby
21 JUN	1100 – 1300	Arnold Hall - Conference Room
22 JUN	0800 – 1000	Gateway Club – Gateway Room
23 JUN	1100 – 1300	Warhawk Fitness Center - Lobby
26 JUN	1100 – 1300	Gateway Fitness Center - Lobby
27 JUN	1100 – 1300	Gillum Fitness Center - Lobby
28 JUN	1100 – 1300	Library - Game Room
29 JUN	1100 – 1300	Chaparral Fitness Center - Lobby
30 JUN	0800 – 1000	Chapman Fitness Center - Lobby

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 JBSA CHPS

602-781-7185

LacklandCHPS@millenniumhealthandfitness.com

CHPSsupport@us.af.mil



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)

18 APR	1000 – 1400	Kelly Fitness Center - Lobby
19 APR	1100 – 1300	Arnold Hall - Conference Room
20 APR	0800 – 1000	Gateway Club – Gateway Room
21 APR	1100 – 1300	Warhawk Fitness Center - Lobby
26 APR	1100 – 1300	Library – Game Room
27 APR	1100 – 1300	Chaparral Fitness Center - Lobby
28 APR	1100 – 1300	Chapman Fitness Center - Lobby

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	1100 – 1200	Warhawk Fitness Center - Lobby
11 MAY	1200 – 1300	Library – Game Room
16 MAY	1100 – 1200	Chaparral Fitness Center - Lobby
23 MAY	1100 – 1200	Chapman Fitness Center - Lobby

Virtual – ‘Get Up and Get Moving’ Class Schedule

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

01 MAY	1100 – 1200
03 MAY	1200 – 1300
05 MAY	1300 – 1400
15 MAY	1100 – 1200
17 MAY	1200 – 1300
19 MAY	1300 – 1400
31 MAY	1200 – 1300
02 JUN	1300 – 1400
05 JUN	1100 – 1200



Meeting ID: 160 610 8560

Passcode: CHPS