

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 – 0900	Bldg. 270 Rm A1-212
21 JUN	0800 – 1000	Bldg. 270 Rm A1-212
22 JUN	1200 – 1400	Fitness Center Lobby
23 JUN	0900 – 1100	Bldg. 270 Rm A1-212
26 JUN	0900 – 1100	Bldg. 270 Rm A1-212
27 JUN	0800 – 0900	Bldg. 270 Rm A1-212
28 JUN	0800 – 1000	Bldg. 270 Rm A1-212
29 JUN	0800 – 1100	Fitness Center Lobby
30 JUN	0900 – 1100	Bldg. 270 Rm A1-212

**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 Los Angeles CHPS**

310.653.5653 (Phone)

Katherine.villanueva.ctr@spaceforce.mil (Email)

CHPSsupport@us.af.mil

Bldg. 270 - Rm A1-212 (Base Location)



**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	0900 – 1100	Bldg. 270 Rm A1-212
18 APR	0800 – 0900	Bldg. 270 Rm A1-212
19 APR	0800 – 1000	Bldg. 270 Rm A1-212
20 APR	1200 – 1400	Fitness Center Lobby
21 APR	0800 – 1000	Bldg. 270 Rm A1-212
24 APR	0900 – 1100	Bldg. 270 Rm A1-212
25 APR	0800 – 0900	Bldg. 270 Rm A1-212
26 APR	0800 – 1000	Bldg. 270 Rm A1-212
27 APR	0800 – 1100	Fitness Center Lobby
28 APR	0900 – 1100	Bldg. 270 Rm A1-212
28 APR	1300 – 1500	Bldg. 270 Rm A1-212

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)

11 MAY	1100 – 1200	Fitness Center, HPC Classroom
18 MAY	1100 – 1200	Fitness Center, HPC Classroom
25 MAY	1100 – 1200	Fitness Center, HPC Classroom
01 JUN	1100 – 1200	Fitness Center, HPC Classroom
08 JUN	1100 – 1200	Fitness Center, HPC Classroom

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

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

09 MAY	0900 – 1000
16 MAY	0900 – 1000
23 MAY	0900 – 1000
30 MAY	0900 – 1000
06 JUN	0900 – 1000



**Meeting ID: 161 325 6273**

**Passcode: CHPS**