

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	0900 – 1000	Maxwell Gym, Bldg. 841
21 JUN	1000 – 1100	Bldg. 1405, Rm 150
22 JUN	0900 – 1000	Bldg. 1405, Rm A109
23 JUN	1000 – 1100	Maxwell Gym, Bldg. 841
26 JUN	0900 – 1000	Bldg. 1405, Rm A223
27 JUN	1000 – 1100	Maxwell Annex
28 JUN	0900 – 1000	Maxwell Gym, Bldg. 841
29 JUN	1000 – 1100	Bldg. 1405, Innovation Lab
30 JUN	0900 – 1000	Maxwell Gym, Bldg. 841

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 Maxwell-Gunter CHPS

334-953-5601

Erica.white.3.ctr@us.af.mil

CHPSsupport@us.af.mil

Bldg. 841, CHPS Office



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 – 1000	Bldg. 1405, Rm A223
18 APR	0900 – 1000	Maxwell Gym, Bldg. 1405
19 APR	0900 – 1100	Housing, Bldg. 400
20 APR	1000 – 1100	Bldg. 1405, Rm A109
21 APR	0900 – 1000	Maxwell Gym, Bldg. 1405
24 APR	1000 – 1100	Bldg. 1405, Innovation Lab
25 APR	0900 – 1000	Gunter Commissary, Bldg. 805
26 APR	1100 – 1200	Range42, Bldg. 1461
27 APR	0900 – 1000	Maxwell Gym, Bldg. 1405
28 APR	1100 – 1200	Maxwell Annex

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	Bldg. 1405, Rm A223
11 MAY	1300 – 1400	Bldg. 1405, Rm A109
16 MAY	1100 – 1200	Bldg. 1405, Rm 150
18 MAY	1300 – 1400	Bldg. 1405, A223
24 MAY	1100 – 1200	Bldg. 1405, A109
25 MAY	1300 – 1400	Bldg. 1405, A223
30 MAY	1100 – 1200	Bldg. 1405, Rm 150
01 JUN	1300 – 1400	Bldg. 1405, A109
06 JUN	1100 – 1200	Bldg. 1405, A223
08 JUN	1300 – 1400	Bldg. 1405, A223

Virtual – ‘Get Up and Get Moving’ Class Schedule

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

02 MAY	1100 – 1200
04 MAY	1300 – 1400
23 MAY	1100 – 1200
13 JUN	1100 – 1200
15 JUN	1300 – 1400



Meeting ID: 160 510 5713
Passcode: CHPS