

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	0730 – 0830	Bldg 340, Rm 242A
21 JUN	1400 – 1500	Bldg 1705, 2 <sup>nd</sup> Floor Conference Rm
23 JUN	1000 – 1100	Bldg 340 Main Conference Room
26 JUN	1330 – 1430	Bldg 1705, 2 <sup>nd</sup> Floor Conference Rm
27 JUN	1000 – 1100	Community Commons
29 JUN	0900 – 1000	Bldg 340, Rm 242A
30 JUN	1400 – 1500	Bldg 1705, 2 <sup>nd</sup> Floor Conference Rm

**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 Nellis CHPS**

702-679-9969

[marcelle.e.moncravie.ctr@health.mil](mailto:marcelle.e.moncravie.ctr@health.mil)

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

Bldg 340 Room 242A



**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	0730 – 0900	Bldg 340, Rm 242A
18 APR	1400 – 1430	Bldg 1705, 2 <sup>nd</sup> Floor Conference Room
19 APR	1330 – 1530	Bldg 340, Rm 242A
21 APR	1000 – 1130	Bldg 340, Rm 242A
24 APR	1330 – 1430	Bldg 1705, 2 <sup>nd</sup> Floor Conference Room
25 APR	1300 – 1400	Community Commons
26 APR	1400 – 1500	Bldg 340, Rm 242A
28 APR	0730 – 0900	Bldg 340, Rm 242A

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)

02 MAY	1300 – 1400	Bldg 1705, 2 <sup>nd</sup> Floor Conference Room
09 MAY	0800 – 0900	Bldg 1705, 2 <sup>nd</sup> Floor Conference Room
15 MAY	1300 – 1400	Bldg 1705, 2 <sup>nd</sup> Floor Conference Room
22 MAY	0900 – 1000	Bldg 1705, 2 <sup>nd</sup> Floor Conference Room
30 MAY	0800 – 0900	Bldg 1705, 2 <sup>nd</sup> Floor Conference Room
06 JUN	1400 – 1500	Bldg 1705, 2 <sup>nd</sup> Floor Conference Room
08 JUN	1300 – 1400	Bldg 1705, 2 <sup>nd</sup> Floor Conference Room

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

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

5 MAY	1400 – 1500
11 MAY	1100 – 1200
19 MAY	1400 – 1500
24 MAY	1000 – 1100
25 MAY	1330 – 1430
2 JUN	1400 – 1500
9 JUN	0900 – 1000



**Meeting ID: 160 886 4226**  
**Passcode: CHPS**