

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 – 1000	The Bistro
22 JUN	1300 – 1500	PSFB Fitness Center
27 JUN	0800 – 1000	The Bistro
28 JUN	1100 – 1300	CCSFS Fitness Center
29 JUN	1300 – 1500	PSFB Fitness Center

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 Patrick CHPS

321-494-3197

christy.vergara.ctr@spaceforce.mil

CHPSsupport@us.af.mil

Bldg. 545 – Fitness Center, 2nd Floor, Contract Services 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)

18 APR	0800 – 1000	The Bistro
20 APR	1300 – 1500	PSFB Fitness Center
21 APR	0700 – 0900	Warfit Track
25 APR	0800 – 1000	The Bistro
26 APR	1100– 1300	CCSFS Fitness Center
27 APR	1300 –1500	PSFB Fitness Center

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)

03 MAY	1200 – 1300	DFAC (Front Patio)
10 MAY	1200 – 1300	PSFB Fitness Center, Aerobics Rm
17 MAY	1200 – 1300	PSFB Library
24 MAY	1100 – 1200	CCSFS Fitness Center
31 MAY	1100 – 1200	CCSFS Fitness Center
07 JUN	1100 – 1200	Cape SFS Food Court

Virtual – ‘Get Up and Get Moving’ Class Schedule

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

05 MAY	1000 – 1100
10 MAY	1400 – 1500
17 MAY	1400 – 1500
24 MAY	1400 – 1500
31 MAY	1400 – 1500
07 JUN	1400 – 1500
09 JUN	1000 – 1100



Meeting ID: 160 741 9096
Passcode: CHPS