

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	USAFA Community Fitness Center
20 JUN	1030 – 1130	USAFA Arnold Hall
21 JUN	0730 – 0930	Peterson Bldg 350 Atrium
22 JUN	0730 – 0930	Peterson Fitness Center Rm. 210
27 JUN	0830 – 0930	Chyn Mtn TSF Bldg 101 Auditorium
27 JUN	1030 – 1200	Cheyenne Mountain Granite Inn
28 JUN	1030 – 1130	Schriever Fitness Center Lobby
28 JUN	1230– 1300	Schriever M&FRC Classroom
29 JUN	0730 – 0930	Peterson Fitness Center Rm. 210

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 Peterson CHPS

719-556-4092

krista.brown.3.ctr@spaceforce.mil

CHPSsupport@us.af.mil

Bldg. 560 Rm 210, Fitness Center (Peterson SFB)



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	1200 – 1230	Peterson Fitness Center Rm. 206
18 APR	0830 – 0930	Chyn Mtn TSF Bldg 101 Auditorium
18 APR	1030 – 1200	Cheyenne Mountain Granite Inn
19 APR	0730 – 0930	Peterson Building 350 Atrium
20 APR	0730 – 0930	Peterson Fitness Center Rm. 210
21 APR	0730 – 0930	Schriever North Portal Lobby
21 APR	1030 – 1130	Schriever Fitness Center Lobby
25 APR	0830 – 1000	USAFA Community Fitness Center
25 APR	1030 – 1130	USAFA Arnold Hall
27 APR	0730 – 0930	Peterson Fitness Center Room 210
27 APR	1100 – 1300	Peterson Building 2 Lobby
28 APR	0800 – 1000	Peterson Building 1 Lobby
28 APR	1200 – 1400	Peterson 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)

01 MAY	1230 – 1330	Peterson Fitness Center Rm. 206
02 MAY	1200 – 1300	Peterson Library Classroom
03 MAY	0930 – 1030	Cheyenne Mountain Granite Inn
03 MAY	1130 – 1230	Chyn Mtn TSF Bldg 101 Auditorium
08 MAY	1230 – 1330	Peterson Fitness Center Rm. 206
11 MAY	0930 – 1030	USAFA Arnold Hall
17 MAY	0800 – 0900	Peterson Building 350 Atrium
19 MAY	1000 – 1100	Schriever M&FRC Classroom
23 MAY	1200 – 1300	Peterson Building 2 Training Rm. 3
25 MAY	1200 – 1300	USAFA Community Fitness Center

Virtual – ‘Get Up and Get Moving’ Class Schedule

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

01 MAY	1200 – 1300
03 MAY	1400 – 1500
08 MAY	1200 – 1300
10 MAY	1400 – 1500
15 MAY	1200 – 1300
17 MAY	1400 – 1500
22 MAY	1200 – 1300
24 MAY	1400 – 1500
31 MAY	1400 – 1500
05 JUN	1200 – 1300
07 JUN	1400 – 1500



ZoomGov
Meeting ID: 161 217 0446
Passcode: CHPS