

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 – 1100	CHPS Office
21 JUN	1000 – 1300	Kendrick Club
22 JUN	1030 – 1230	BX Center
23 JUN	1000 – 1200	CHPS Office
26 JUN	1100 – 1300	Rambler
27 JUN	0800 – 1200	CHPS Office
28 JUN	0900 – 1200	CHPS Office
29 JUN	0900 – 1030	CHPS Office
30 JUN	By Appointment Only	CHPS Office

**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 Randolph CHPS**

602-781-7178 (Phone)

[RandolphCHPS@millenniumhealthandfitness.com](mailto:RandolphCHPS@millenniumhealthandfitness.com)

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

BLDG. 220, Suite 6



**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	1100 – 1230	CHPS Office
18 APR	0800 – 1200	CHPS Office
19 APR	1400 – 1500	Rambler Fitness
20 APR	0800 – 1100	CHPS Office
21 APR	1030 – 1230	BX Center
24 APR	1200 – 1400	CHPS Office
25 APR	1100 – 1300	Library
26 APR	1030 – 1200	Rambler Fitness
27 APR	1100 – 1300	Kendrick Club
28 APR	1000 – 1200	Library

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	1130 -- 1230	Library
10 MAY	1100 – 1200	Education Center
22 MAY	1130 – 1230	Rambler
23 MAY	0900 – 1000	Logistics Center Small Conference Room

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

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

01 MAY	1100 – 1200
03 MAY	1200 – 1300
05 MAY	1300 – 1400
15 MAY	1100 – 1200
17 MAY	1200 – 1300
19 MAY	1300 – 1400
31 MAY	1200 – 1300
02 JUN	1300 – 1400
05 JUN	1100 – 1200



**Meeting ID:** 160 610 8560

**Passcode:** CHPS