

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	0730-1100	CHPS Office
21 JUN	0900-1100	Education and Training
22 JUN	1100-1300	DFAC
23 JUN	0730-1100	CHPS Office
26 JUN	0730-1100	CHPS Office
27 JUN	0730-1100	CHPS Office
28 JUN	0900-1100	Education and Training
29 JUN	1100-1300	DFAC

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 Scott CHPS

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CHPSsupport@us.af.mil

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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	1000-1200	Military & Family Readiness Center
18 APR	0730-1100	CHPS Office
19 APR	1100-1300	Education and Training Center
20 APR	1100-1300	DFAC
21 APR	1100-1300	CHPS Office
24 APR	1000-1200	Military & Family Readiness Center
25 APR	0730-1100	CHPS Office
26 APR	1100-1300	Education and Training Center
27 APR	1100-1300	DFAC
28 APR	1100-1300	CHPS Office

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	1230-1330	MFRC
03 MAY	1300-1400	HP Classroom
04 MAY	0900-1000	Education & Training
04 MAY	1300-1400	Education & Training
10 MAY	1300-1400	HP Classroom
11 MAY	1100-1200	DFAC
16 MAY	1230-1330	MFRC
17 MAY	1300-1400	HP Classroom
18 MAY	0900-1000	Education & Training
18 MAY	1300-1400	Education & Training
24 MAY	1300-1400	HP Classroom
25 MAY	1100-1200	DFAC

Virtual – ‘Get Up and Get Moving’ Class Schedule

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

09 MAY	1100-1200
23 MAY	1100-1200
06 JUN	1100-1200
08 JUN	1200-1300



Meeting ID: 161 449 5689
Passcode: CHPS