

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)**

21 JUN	1200 – 1400	Bldg. 6004 – Gerrity FC
23 JUN	0700 – 1430	Bldg. 3334 Room 231
28 JUN	1200 – 1400	Bldg. 6004 – Gerrity FC
30 JUN	0700 – 1430	Bldg. 3334 Room 231

**20 JUN – 30 JUN CHPS Office location check-outs:**

Monday, Wednesday, and Friday 0700 – 1100 Bldg. 3001 Post O73  
Tuesday, Thursday 1100 – 1400 Bldg. 9001 Post A32  
Wednesday 0800 – 1100 Bldg. 9001 Post A32

**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 Tinker CHPS:**

405-582-6817

[Caroline.m.baer2.ctr@health.mil](mailto:Caroline.m.baer2.ctr@health.mil)

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

Bldg. 3001 Post O73 – Tinker, AFB



**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	0730 – 1030	Bldg. 4057 Conference Room
19 APR	1200 – 1400	Bldg. 6004 – Gerrity Fitness Center
20 APR	0730 – 1030	Bldg. 285 Conference Room
25 APR	0730 – 1030	Bldg. 469 Knowles Conference Room
26 APR	1200 – 1400	Bldg. 6004 – Gerrity Fitness Center

### 17 APR – 28 APR CHPS Office location check-ins:

Monday, Wednesday, and Friday 0700 – 1100 Bldg. 3001 Post O73  
 Tuesday, Thursday 1100 – 1400 Bldg. 9001 Post A32  
 Wednesday 0800 – 1100 Bldg. 9001 Post A32

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	1100 – 1200	Bldg. 3001 Post O73
02 MAY	1000 – 1030	Bldg. 9001 Lobby – Flagpole
03 MAY	1130 – 1200	Bldg. 6004 – Gerrity Fitness Center
08 MAY	1100 – 1200	Bldg. 3001 Post O73
15 MAY	1030 – 1100	Bldg. 3001 Post O73
17 MAY	1130 – 1200	Bldg. 6004 – Gerrity Fitness Center
31 MAY	1130 – 1200	Bldg. 6004 – Gerrity Fitness Center
06 JUN	1000 – 1030	Bldg. 9001 Lobby – Flagpole
09 JUN	1100 – 1200	Bldg. 3001 – PK Conference Room

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

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

01 MAY	0900 – 1000
03 MAY	1100 – 1200
11 MAY	1200 – 1300
15 MAY	0900 – 1000
17 MAY	1100 – 1200
25 MAY	1200 – 1300
31 MAY	1100 – 1200
08 JUN	1200 – 1300
09 JUN	0900 – 1000



**Meeting ID:** 161 107 3729

**Passcode:** CHPS