

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 – 0900	Duane Wolf Fitness Center
21 JUN	1300 – 1400	Hawk’s Cove Bldg. 10364
22 JUN	0800 – 0900	Duane Wolf Fitness Center
23 JUN	0830 – 1000	Hawk’s Cove Bldg. 10364
26 JUN	0800 – 1000	Duane Wolf Fitness Center
26 JUN	1200 – 1330	Hawk’s Cove Bldg. 10364
27 JUN	0800 – 1000	Duane Wolf Fitness Center
28 JUN	1200 – 1300	Hawk’s Cove Bldg. 10364
29 JUN	0800 – 1000	Duane Wolf Fitness Center
29 JUN	1200 – 1400	Hawk’s Cove Bldg. 10364
30 JUN	1200 – 1400	Hawk’s Cove Bldg. 10364

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 Vandenberg CHPS

805-605-5597

Haley.stowe.ctr@us.af.mil

CHPSsupport@us.af.mil

Hawk’s Cove Bldg. 10364



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	0700 – 0930	Duane Wolf Fitness Center
17 APR	1230 – 1330	Pacific Coast Club
18 APR	0700 – 0930	Duane Wolf Fitness Center
19 APR	1030 – 1200	Hawk’s Cove Bldg. 10364
20 APR	0830 – 0930	M&FRC Bldg. 10122
21 APR	0700 – 0900	Hawk’s Cove Bldg. 10364
24 APR	0700 – 0930	Duane Wolf Fitness Center
24 APR	1230 – 1330	Hawk’s Cove Bldg. 10364
25 APR	0700 – 0930	Duane Wolf Fitness Center
26 APR	1400 – 1500	Hawk’s Cove Bldg. 10364
28 APR	0700 – 1000	Hawk’s Cove Bldg. 10364

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	1000 – 1100	Hawk’s Cove Bldg. 10364
10 MAY	1100 – 1200	Hawk’s Cove Bldg. 10364
15 MAY	1000 – 1100	Hawk’s Cove Bldg. 10364
24 MAY	1100 – 1200	Hawk’s Cove Bldg. 10364
01 JUN	1200 – 1300	Hawk’s Cove Bldg. 10364
07 JUN	1200 – 1300	Hawk’s Cove Bldg. 10364
08 JUN	1200 – 1300	Hawk’s Cove Bldg. 10364

Virtual – ‘Get Up and Get Moving’ Class Schedule

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

03 MAY	1000 – 1100
08 MAY	1000 – 1100
17 MAY	1100 – 1200
22 MAY	1100 – 1200
30 MAY	1300 – 1400
31 MAY	1200 – 1300
06 JUN	1100 – 1200
08 JUN	1100 – 1200



Meeting ID: 161 089 8169
Passcode: CHPS