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

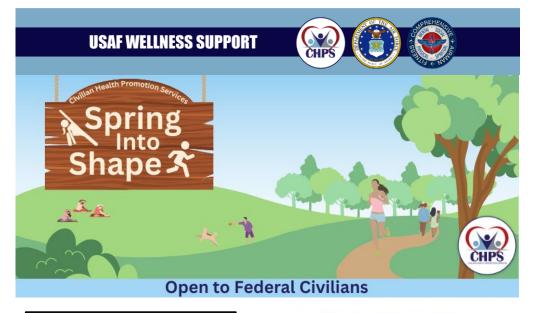
Check-Out & Award Pick-up: 20 JUN - 30 JUN

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. <u>Visit USAFwellness.com to enroll</u> 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.
- Attend an in-person check-out event with CHPS between 20 JUN
 30 JUN to receive your free completion award.

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 <u>one</u> session of the "Get Up and Get Moving" class either inperson 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	高級
08 JUN	1100 – 1200	

Meeting ID: 161 089 8169

Passcode: CHPS

^{*}IF completing virtually, you may schedule a time with CHPS staff to come on base and collect your incentive awards*