

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	1130-1500	Bldg. 571 (B) CHPS Office
21 JUN	1100-1230	Bldg. 16 (B) Breeze-way
22 JUN	1100-1230	Bldg. 262 (A) 2 nd Floor Lobby
27 JUN	1100-1230	Bldg. 1 (A) Main Hallway
28 JUN	1200-1330	Bldg. 32 (B) Breeze-way
29 JUN	1100-1300	Bldg. 840 (B) Café Lobby
30 JUN	1100-1300	Jarvis (A) Lobby

20 JUN – 30 JUN CHPS Office Check-outs:

Mondays and Fridays 0730-1500 Bldg. 571 (B)

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 Wright-Patt CHPS

937-904-9359

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CHPSsupport@us.af.mil

Bldg. 571 – 2690 C Street, Rm 157



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	1200-1300	Jarvis (A) Lobby
18 APR	0800-1000	Bldg. 10 (A) Morris CR
19 APR	0800-1000	Bldg. 16 (B) Food Court Lobby
19 APR	1100-1230	Bldg. 262 (A) 2 nd Floor Food Court
20 APR	0900-1030	Bldg. 558 (B) Lobby
20 APR	1030-1330	NASIC (A) Canteen
24 APR	1100-1200	Bldg. 1 (A) Main Hallway
25 APR	0800-1000	Bldg. 11 (A) CR 107
26 APR	0800-1000	Bldg. 32 (B) Breeze-way
27 APR	0800-1000	Bldg. 653 (B) Cafetorium
27 APR	1330-1430	Bldg. 840 (B) Café Lobby

17 APR – 28 APR CHPS Office Check-ins:

Mondays and Fridays 0730-1500 Bldg. 571 (B)

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)

04 MAY	1100-1200	Bldg. 16 (B) CR 141
10 MAY	1300-1400	Bldg. 262 (A) Air Depot Room
10 MAY	1300-1400	Bldg. 50 (B) CR 224
15 MAY	1030-1130	Bldg. 15 (B) CR 250
16 MAY	1200-1300	Bldg. 14 (B) CR 031
24 MAY	1200-1300	Bldg. 556 (B) CR 205
31 MAY	1200-1300	Bldg. 571 (B) CR 3
01 JUN	1200-1300	Bldg. 571 (B) CR 3
05 JUN	1300-1400	Bldg. 571 (B) CR 3

Virtual – ‘Get Up and Get Moving’ Class Schedule

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

01 MAY	1100-1200
02 MAY	1130-1230
03 MAY	1300-1400
09 MAY	1130-1230
17 MAY	1230-1330
19 MAY	1000-1100
22 MAY	1000-1100
01 JUN	1130-1230
06 JUN	1100-1200
07 JUN	1230-1330
08 JUN	1130-1230
09 JUN	1000-1100



Meeting ID: 161 241 3852

Passcode: CHPS