

All Spring Into Shape participants will receive a completion award at the official check-out, dependent upon level of completion.

CHPS Check-Out (choose one)

May 21	0800-1000	Bldg 2204 Room 2 (CHPS)
May 22	1300-1500	Bldg 2204 Room 2 (CHPS)
May 23	0800-1000	Bldg 2204 Room 2 (CHPS)
May 24	1200-1300	Bldg 5620 Raptor CR
May 25	0800-1000	Bldg 2204 Room 2 (CHPS)
May 29	0800-1000	Mojave Sky Comm. Ctr. MPR
May 30	1300-1500	Bldg 2204 Room 2 (CHPS)
May 31	0800-1000	Bldg 2500 Classroom A
June 1	0800-1100	Bldg 2204 Room 2 (CHPS)

Important Spring Into Shape Dates:

Enroll Online: 20 MAR – 18 APR 2018

Initial Check-In & Award Pick-Up: 02 APR – 18 APR 2018

Log Activity Online & Attend CHPS Class: 09 APR – 18 MAY 2018

Last Day to Enter Activity Online: 20 MAY 2018

Final Check-Out & Award Pick-Up: 21 MAY – 01 JUN 2018

Remember:

- Participation is **FREE**.
 - The schedule is subject to change.
- Visit AFMCwellness.com for up-to-date information.

Contact Edwards CHPS for more information:

661-277-3667

CHPS.Edwards@foh.hhs.gov

208 W. Popson Ave. / Bldg. 2204 Rm. 2

AFMC WELLNESS SUPPORT CENTER

Wellness is an Attitude



Spring Into Shape is a command-wide initiative to promote physical fitness and activity for the workforce.
All Federal Civilians and Active Duty members are eligible to participate.

How to Participate in Spring Into Shape (SIS):

- 1) **Enroll at AFMCwellness.com** between 20 MAR – 18 APR (Federal Civilians need to have an up-to-date HRA to participate).
- 2) **Print your SIS Confirmation Email and complete an Initial Check-In with CHPS** between 02 APR – 18 APR to finalize enrollment and receive your **free** foam roller.
- 3) **Perform physical activity and log your minutes** on the AFMCwellness.com Activity Log from 09 APR – 18 MAY.
- 4) **Attend the CHPS education class**, “Get Up and Get Moving”, between 09 APR – 18 MAY.
- 5) **Attend a Final Check-Out with CHPS** between 21 MAY – 01 JUN to receive your completion award.

To receive the completion award, each participant needs to **enroll** in SIS, complete **initial and final checks** with CHPS, **complete and log at least 600 total minutes (10 hrs.) of physical activity**, and **attend the CHPS class** titled “Get Up and Get Moving”.

Enrollment Award:

FREE Gaiam Restore Foam Roller



Completion Award:

FREE Fruit Infuser Water Bottle

Everyone who enrolls and completes the initial check-in will get a **FREE** Gaiam Restore Foam Roller (*while supplies last*)!

Contact your physician before beginning any physical activity program to be sure it is safe.

CHPS Initial Check-In (*choose one*)

April 4	1130-1230	Bldg 3000 C/R #222
April 5	1200-1300	Bldg 5620 Raptor C/R
April 6	0800-1000	Bldg 3925 Room 104
April 9	1130-1230	Bldg 2500 C/R A
April 10	0800-0900	Mojave Sky Comm. Ctr. MPR
April 11	1100-1200	Bldg 2204 Room 2 (CHPS)
April 12	1300-1400	Bldg 2204 Room 2 (CHPS)
April 13	0800-1000	Bldg 2204 Room 2 (CHPS)
April 16	0800-1000	Bldg 2204 Room 2 (CHPS)
April 17	0800-1000	Bldg 2204 Room 2 (CHPS)
April 18	0800-1000	Bldg 2204 Room 2 (CHPS)

CHPS Education Class – ‘Get Up and Get Moving’

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

April 10	1300-1400	Bldg 2204 Classroom (CHPS)
April 12	1200-1300	Bldg 2204 Classroom (CHPS)
April 26	0800-1000	Bldg 5620 Looking Glass CR
May 2	1230-1330	Bldg 2204 Classroom (CHPS)
May 8	1000-1100	Bldg 2500 Classroom A
May 16	1130-1230	Bldg 3000 CR 123
May 17	1200-1300	Bldg 2204 Classroom (CHPS)