

PREGNANCY POSTPARTUM PHYSICAL TRAINING



JBLM P3T Program Overview



PREGNANCY POSTPARTUM PHYSICAL TRAINING

Pregnancy and Postpartum Fitness

Army Pregnancy Postpartum Physical Training (P3T) standard policy

- * Army P3T is designed to maintain health and fitness levels of pregnant Soldiers and to assist the return to pre-pregnancy fitness levels.
- * Supported by scientific research studies and American College of Obstetricians and Gynecologists (ACOG) guidance.
- * Army Public Health Center Leader Course and Technical Guide 255 series.
- * <https://www.us.army.mil/content/armyako/en/mycommunities/Home/groups/MEDCOM/Groups/CHPPM/Groups/P3T.html>(CAC required)
- * AR 40-502 & DA Pam 40-502
- * AR 350-1, Appendix G-9a (10 & 11)
- * FM 7-22, 12-40—12-51

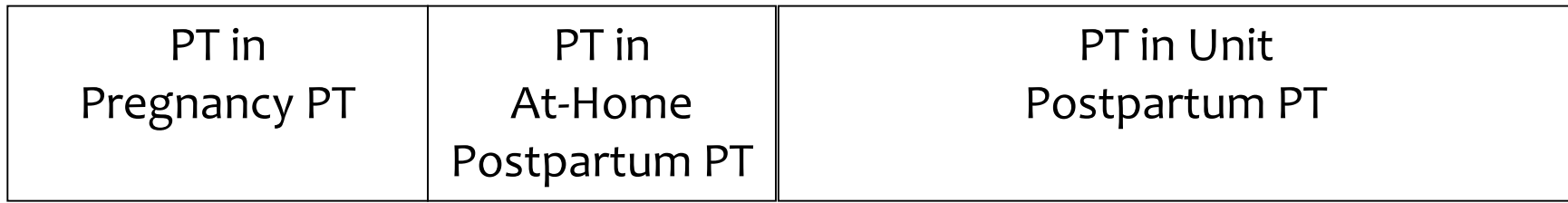
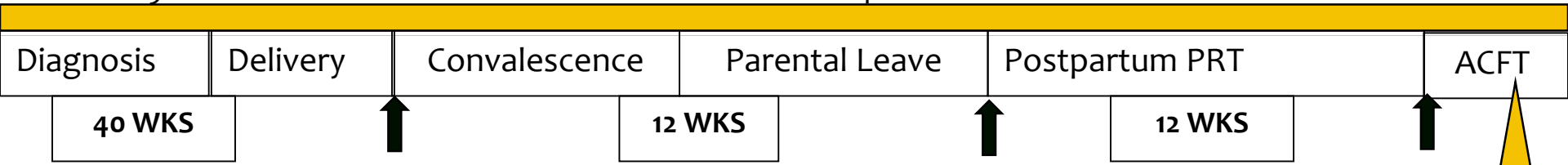


PREGNANCY POSTPARTUM PHYSICAL TRAINING

P3T Training Concept

PREGNANCY
9 + Months

POSTPARTUM
Up to 6 Months



Regular unit PRT begins at conclusion of 6-month recovery period as outlined in AR 350-1.



Positive Impact on Readiness

FOR COMMAND AND UNIT

- Maintain unit readiness and morale.
- Increase Soldier retention.
- Ensure safe structured PT for pregnancy/postpartum soldiers.
- Maintain and improve fitness.
- Transition more easily back to unit PRT.

FOR SOLDIER

- Promote a healthy pregnancy and enhance baby's health.
- Reduce physical discomforts and stress during pregnancy.
- Contribute to the prevention of excessive gains in weight and body fat.
- Obtain education related to pregnancy issues.
- Prepare physically for birth and recovery.
- Maintain basic fitness levels.
- Promote faster return to physical fitness to pass ACFT and body composition standards.
- Assist in transition back to unit PRT.



Unit Leadership Support

Support implementation of consolidated installation P3T

- * Ensure Soldier enrollment as soon as possible after confirmation of pregnancy until 180 days after delivery.
- * Maintain pregnant and postpartum Soldier's accountability for consistent attendance and maximum participation.
- * Appoint well-qualified ITs and ELs in accordance with Operation Orders.

Provide proper documentation at enrollment

- * Requires pregnancy profile DA3349, DA 4856, DA 705 & DA 5501.
- * If pregnant Soldier is disapproved for PT, Soldier required to attend educational classes. Participants will attend education classes on initial and subsequent pregnancies.

Participate in a P3T exercise session



Accountability

- * Units receive weekly attendance rosters
- * Soldier's place of duty during PT time will be at the designated P3T site
- * Unit will ensure accountability of pregnant/ postpartum participants at the P3T formation
- * Priority is given to participation
- * Excused absences from PT minimal
- * Soldier may be subject to administrative action for frequent unexcused absences



JBLM P3T Point of Contact & Resources

JBLM P3T Program Manager

SFC Brown, Sue E

253-477-1719

sue.e.brown.mil@mail.mil

JBLM P3T

usarmy.jblm.i-corps.list.p3t@mail.mil

AKO P3T website

<https://www.us.army.mil/content/armyako/en/mycommunities/Home/groups/MEDCOM/Groups/CHPPM/Groups/P3T.html>