



# Pregnancy/Postpartum Physical Training Program

FACT SHEET 46-002-1010

## *What is the purpose of the PPPT Program?*

The purpose of the Pregnancy/Postpartum Physical Training Program is to provide the senior commander with a standardized physical training (PT) and education program for pregnant and postpartum Soldiers and to train local PPPT Program personnel in pregnancy and postpartum fitness.



## *Why is the PPPT Program important to the Army?*

- ⌚ The American College of Obstetricians and Gynecologists (ACOG) encourages healthy women to exercise moderately for 30 minutes most days of the week throughout pregnancy and postpartum within ACOG guidelines and under the advice of their obstetrician. (Committee Opinion Number 267, January 2002, ACOG, “Exercise During Pregnancy and the Postpartum Period”)
- ⌚ Maintaining Army-wide PPPT Programs with standardized implementation and content improves Soldier and unit readiness and morale. In the past, unit-training personnel were not trained to lead exercises for pregnant/postpartum Soldiers, nor were they familiar with the ACOG guidelines, resulting in numerous Soldiers left to train on their own or not train at all.
- ⌚ An Army study showed significant Army Physical Fitness Test (APFT) failures, height/weight failures, and increased injury and illness rates when active duty Soldiers not in structured PPPT returned to unit PT after pregnancy and 6 months of postpartum recovery.

## *What are the benefits of participating in PPPT?*

Current scientific literature supports many physical and psychological benefits of remaining physically active during and after pregnancy. The benefits are:

- ⌚ Exercise during pregnancy and postpartum maintains aerobic fitness and reduces physical complaints experienced during pregnancy. Moderate exercise promotes a more rapid recovery from the birth process and a faster return to required physical fitness levels. For military leadership this can mean successful passage of the APFT.
- ⌚ Postpartum women who are active during and after pregnancy retain less pregnancy weight, preventing unwanted body fat gain. For military leaders this means ensuring Soldiers meet regulation standards for height and weight.
- ⌚ Females that continue to exercise during their pregnancy and postpartum receive huge psychological benefits, remain more socially active and are more able to adapt to the challenges of motherhood. For military leadership this has been correlated with higher retention rates and increased mission readiness.
- ⌚ Exercising has also been shown to have positive effects on labor and delivery through fewer medical interventions, reduced operative deliveries, shorter active labor and less likelihood to deliver prematurely, resulting in reduced hospital stays. For military leaders this means quicker return to duty and increased Soldier readiness.

U.S. Army Public Health Command (Provisional)  
ATTN: MCHB-TS-HHE, Pregnancy/Postpartum PT  
Aberdeen Proving Ground, MD 21010-5403  
Commercial (410) 436-4656, DSN 584-4656, Fax (410) 436-7381

### ***What is the implementation model for PPPT?***

- ⌚ PPPT is a senior commander's program with mandatory enrollment.
- ⌚ A Soldier will participate in pregnancy PT after receiving a pregnancy profile and clearance from her profiling officer to participate in the PPPT Program.
- ⌚ Implementation is as one consolidated program per installation.
- ⌚ Instructor Trainers and Medical Experts will be trained in pregnancy fitness, and train Exercise Leaders to lead pregnancy/postpartum PT sessions.
- ⌚ A NCOIC Instructor Trainer will coordinate the day-to-day operations of the PPPT Program.
- ⌚ The Medical Treatment Facility will provide a Medical Expert as the medical consultant for pregnancy/postpartum issues and ensure an Education Coordinator facilitates educational classes.
- ⌚ Pregnancy/postpartum PT will be conducted at least three times/ week during unit PT time.
- ⌚ Participants are strongly encouraged to use the At-Home PT program during convalescent leave.
- ⌚ A Soldier will participate in postpartum PT for up to six months following delivery.
- ⌚ Reserve, National Guard and remote Soldiers have specially-designed DVDs and a workbook available to them after medical clearance is confirmed. For these materials refer to the PPPT AKO website.
- ⌚ The metrics to evaluate the success of the program are APFT scores, AR 600-9 pass rate, and appropriate medical outcomes. Evaluation tools are available from the PPPT AKO website.



### ***Where can I learn more about exercise and pregnancy?***

Exercising Through Your Pregnancy, Clapp, James F., Addicus Books, 2002.  
Women's Fitness Program Development, Cowlin, Ann F., Human Kinetics, 2002.  
Planning Your Pregnancy and Birth, The American College of Obstetricians and Gynecologists, 2000.

### ***What Army Regulations impact this program?***

- ⌚ AR 40-3 Medical, Dental, and Veterinary Care, 22 February 2008 (RAR 12 March 2010)
- ⌚ AR 40-501 Standards of Medical Fitness, 14 December 2007 (RAR 23 August 2010)
- ⌚ AR 350-1 Army Training and Leader Development, Appendix G-9a, 18 December 2009
- ⌚ AR 600-9 Army Weight Control Program, 27 November 2006
- ⌚ AR 600-8-10 Leaves & Passes, 15 February 2006
- ⌚ AR 600-8-24, Officer Transfers and Discharges, 12 April 2006
- ⌚ AR 614-30, Overseas Service, 30 March 2010
- ⌚ AR 635-200 Enlisted Personnel, 6 June 2005
- ⌚ AR 670-1, Wear and Appearance of Army Uniforms and Insignia, 3 February 2005
- ⌚ TC 3-22.20, Army Physical Readiness Training, Chapter 4.21-25, 20 August 2010



### ***What is the current status of this program?***

⌚ Army leadership approved PPPT Program implementation with the release of ALARACT 168 in July 2008. The Army PPPT Program is being implemented Army-wide as a component of the U.S. Army Physical Fitness Program IAW AR 350-1 and TC 3-22.20. USAPHC Technical Guide 255A-F provides detailed implementation and content guidance. These policies delineate issues regarding proponentcy, leader training, and organizational responsibility.

⌚ A PPPT Train-the-Trainer Leader Course is offered monthly to train PPPT leader personnel. A PPPT Implementation Guide provides guidance on establishing and operating a local PPPT installation program. For information on training contact the USAPHC (Prov) PPPT POC.

⌚ An information paper and additional resources for Army use are available on the PPPT AKO website at <https://www.us.army.mil/suite/page/611576>

