

PPPT ENROLLMENT WELCOME LETTER

Congratulations!

You are now a member of the Army Pregnancy Postpartum Physical Training Program.

Pregnancy Postpartum Physical Training Program (P3T) is a PT and health education program for all pregnant and postpartum soldiers. The purpose of the program is to assist you in maintaining basic physical fitness levels, enhance your physical and emotional well-being, and educate you during and after your pregnancy on pregnancy related issues. Once you have been medically cleared to participate by your health care provider; your attendance is mandatory.

Your Senior P3T Instructor/Trainer is SSG Nichole Knudson. Her program is composed of 3-4 days of PT, 1 day of education and for pregnant Soldiers one day of Pool PT. After your convalescent leave you will join the postpartum group. You will be released back to your unit up to 6 months after your delivery date.

On Tuesdays all pregnant Soldiers will report to the Preventive Medicine Trailer (Building T-2472 5th Street) from 0700-0800 for the health education class with Tanya Chew, RN. Postpartum Soldiers will continue to follow the normal PT schedule.

Pregnant soldiers are to wear the PT uniform until it becomes too small and/or uncomfortable. You can then wear a larger size PT uniform or civilian equivalent workout attire. You will not be required to buy larger PT uniforms.

This is a program designed to meet both your physical and educational needs. Your spirited participation will help make this program enjoyable and successful!

SSG Trotter, Jeffrey
P3T NCOIC
301-821-0528
Jeffrey.l.trotter3.mil@mail.mil