



P3T: Pregnancy and Postpartum Physical Training Program

Navy's Response to Improve the Health and Readiness of the Fleet

Adapted by the Navy and Marine Corps Public Health Center (NMCPHC), Pregnancy and Postpartum Physical Training (P3T) is a combined exercise training and health education program designed to improve the health, retention and readiness of active duty pregnant and postpartum Sailors. The program is led by a team of highly-qualified, versatile health educators from NMCPHC. The program is open to all eligible participants currently pregnant or up to 12 months postpartum. The program continues to grow with the participation from more than ten commands actively taking part at Naval Station Norfolk (NSN).



U.S. Navy Photo by Jonathan Donnelly, NMCPHC, Warfighter Wellness

Participants can attend exercise classes Monday-Wednesday at both the McCormick Sports Center at 1030 or 1300 and N-24 Gymnasium at 0930 or 1100. Aquatic classes which are very popular amongst participants, are also available at Fleet Recreation Pool on Tuesdays at 1030 and 1300.

The classes are structured to include centering (for balance and body awareness), proper warm-up, strength, cardio, flexibility, special pregnancy and postpartum exercises and relaxation techniques in each one-hour session. Participants appreciate the variety of exercises provided within the class sessions and the emphasis on safety.

"I like that there are alternatives to running. I feel like it is easier for me to go up the stairs and my arms look more toned. I feel like I have gotten better sleep since being in the program."

- Postpartum P3T participant

To complement the exercise sessions, the comprehensive program also offers weekly informative education classes for pregnant Sailors and monthly education classes for postpartum Sailors. With topics ranging from “Physical Changes During Pregnancy” to “Weight Management Postpartum” and “Caring for Your Sick Child” to “Pairing Up During Pregnancy” participants enrolled receive information on more than 30 topics to support their overall health and well-being.



U.S. Navy Photos by Jonathan Donnelly, NMCPHC, Warfighter Wellness

Outside of the classes, camaraderie within the program is evident at P3T special events. Participants regularly join the P3T team at featured 5K races offered on NSN, including the annual Run for a Cause 5K Color Run. Health educators and program leadership partner with participants, running and walking side-by-side.

“I feel like the program is giving me a head start from not knowing what to do or where to start. I like being with women going through the same thing. The most beneficial part though, is that I feel happier and more cheerful. I don’t always get time to myself, but this offers a mental boost because this is time for me.”

- Pregnant P3T participant

The program seeks to expand from NSN to other bases in the Hampton Roads area with the overarching goal of offering P3T services to pregnant and postpartum Sailors Navy-wide. For more information on the program, please contact the P3T team at (757) 286-9230 or usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-p3t@health.mil.



P3T Contact Information