

WHAT PREGNANCY TOPICS WILL I LEARN?

- Physical Changes During Pregnancy
- Common Issues During Pregnancy
- Nutrition During Pregnancy
- Sexual Health During Pregnancy
- Pregnancy and Your Oral Health
- Self-care During Pregnancy
- Labor and Delivery



WHAT POSTPARTUM TOPICS WILL I LEARN?

- Bottle and Breastfeeding
- Infant Safety
- Infant Oral Health
- Nutrition During Postpartum
- Weight Management During Postpartum
- Baby on Board: Car Seat Safety
- Sleep for You and Your Baby

AND MANY MORE!

CAN MY OVERALL HEALTH IMPROVE IN THE FOLLOWING AREAS?

- Cardiovascular Endurance
- Muscular Strength & Endurance
- Mobility
- Balance and Stability
- Flexibility
- Stress Management

ENROLL NOW!!!

PREGNANCY AND POSTPARTUM PHYSICAL TRAINING

Call or Text Us
Phone: (757) 286-9230

PREGNANCY AND POSTPARTUM PHYSICAL TRAINING (P3T)



P3T

PREGNANCY AND POSTPARTUM PHYSICAL TRAINING

**Building Strength.
Building Bonds.**



HOW WILL I BENEFIT FROM THE PROGRAM?

- Maintain a healthy pregnancy
- Improve your overall fitness
- Reduce physical discomforts and stress during your pregnancy
- Prepare for the physical demands of labor and faster postpartum recovery
- Achieve a healthy postpartum body composition and weight
- Improve your Physical Readiness Test (PRT) scores
- Establish healthy lifestyle habits for both you and your family members
- Build bonds with other expectant women

HOW CAN I QUALIFY?

- Obtain a confirmed pregnancy and approval to exercise from your medical provider
- Confirm completion of your Periodic Health Assessment
- Participate in weekly sessions and complete questionnaires

For your safety during the COVID-19 pandemic, fitness and health education classes may be offered through a virtual platform.

WHEN WILL I COMPLETE THE PROGRAM?

- You can participate in the program up to 12 months after your birth event
- You will complete the program once you achieve Physical Fitness Assessment (PFA)/PRT standards during that time

Early completion is possible if compliant standards are met during the postpartum period.

WHAT IF I AM PREGNANT?

- Three 1-hour exercise classes per week
- Weekly 1-hour health education class covering pregnancy-related topics

HOW DO I PARTICIPATE DURING MY MATERNITY/ CONVALESCENT LEAVE?

- You will receive a 12-week at-home exercise guide to begin once cleared by your medical provider
- Guide includes a full exercise plan and modified exercises to help you progress safely

WHAT IF I AM POSTPARTUM?

- Three 1-hour exercise classes per week
- Monthly 1-hour health education class covering postpartum and family-related topics

WHAT SHOULD I WEAR?

- Navy PT uniform or workout attire
- Comfortable running or workout shoes
- Appropriate swimwear (bathing suit or spandex shorts) for aquatic classes



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