



DEPARTMENT OF THE ARMY
UNITED STATES ARMY COMBINED ARMS SUPPORT COMMAND
SUSTAINMENT CENTER OF EXCELLENCE
2221 ADAMS AVENUE
FORT LEE, VIRGINIA 23801-2102

REPLY TO
ATTENTION OF

ATCL-CG

FORT LEE POLICY NO. 01-10
MAR 12 2010

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Pregnancy/Postpartum Physical Training (PPPT) Program

1. References:

- a. AR 40-501, Standards of Medical Fitness, 10 September 2008.
- b. AR 350-1, Army Training and Leader Development, 18 December 2009.
- c. AR 600-9, The Army Weight Control Program, 27 November 2006.
- d. AR 600-20, Army Command Policy, 30 November 2009.
- e. FM 21-20, Physical Fitness Training, 1 October 1998.
- f. DOD Directive 1308.1, DOD Physical Fitness and Body Fat Program, 30 June 2004.
- g. Technical Guide (TG) Series 255. U.S. Army Pregnancy/Postpartum Physical Training Program, 2004.
- h. ALARACT 168/2008. The Army Postpartum Pregnancy Physical Training.
- i. ALARACT 171/2008. Notification of Pending Postpartum and Adoption Deferment Policy Change.
- j. Updated TSG endorsement memorandum (2007).

2. Purpose: To establish guidance for implementation of the Pregnancy/Postpartum Physical Training (PPPT) Program at Fort Lee.

3. Scope: Military and civilian personnel participating in or serving within the PPPT program.

4. General: PPPT is a commander's program designed to assist pregnant and postpartum Soldiers in meeting their unique fitness needs through a standardized physical training (PT) and educational program. The goals of the PPPT program are to maintain health and physical fitness during pregnancy, improve fitness postpartum for a smooth transition to unit PT, and promote

higher Army Physical Fitness Training (APFT) scores, and Army Regulation (AR) 600-9 height/weight pass rates.

5. Attendance: PPPT at Fort Lee requires mandatory enrollment and attendance for all active duty (AD) Soldiers in unit PT programs during pregnancy and postpartum, after receiving Civilian Obstetrician clearance to participate in PPPT exercises. During postpartum, the Soldier is exempt from APFT and record weigh-in for 180 days after the day of delivery and attends postpartum PT for 6 months after day of delivery. Although not mandatory, Soldiers are strongly encouraged during convalescent leave to exercise at their own pace using the At-Home guidance provided in TG Series 255.

6. Program Components:

a. PT for **pregnant AD Soldiers** is conducted three days a week on Monday, Wednesday and Friday from 0700-0800 at MacLaughlin Fitness Center. Soldiers are expected to report to formation on time and attend each exercise session. Health education classes meet on Tuesday from 0700-0800 at the Rigger School (Bldg 6025). All pregnant Soldiers are required to attend these health education classes.

b. PT for **postpartum AD Soldiers** is conducted four days a week on Monday, Tuesday, Wednesday and Friday from 0700-0800 at MacLaughlin Fitness Center. Soldiers are expected to report to formation on time and attend each exercise session. During postpartum, the Soldier will participate for a minimum of 90 days and up to 180 days after day of delivery. A memorandum of release will be forwarded to the Soldier's unit commander upon postpartum PT completion or if the Soldier passes the diagnostic APFT, meets AR 600-9 height/weight standards and is approved to return to unit PT by the Health Care Provider (HCP) and PPPT Program coordinator(s). Exceptions to Soldiers participation will be made on a case-by-case basis.

7. Procedures:

a. Enrollment

(1) Mandatory for pregnant and postpartum AD Soldiers in unit PT programs. U.S. Army Reservists and National Guard may participate contingent upon space and resource availability.

(2) Enrollment is from confirmation of pregnancy up to 180 days after day of delivery. The pregnant Soldier must be evaluated by her Civilian Obstetrician and medically cleared to participate in PPPT exercise sessions. All pregnant Soldiers must attend the health education classes.

(3) Once Civilian Obstetrician approval is received, the pregnant Soldier reports to Preventive Medicine with a copy of their pregnancy profile to enroll in the PPPT Program and to Occupational Health for pregnancy reproductive hazards surveillance.

b. Accountability

(1) Once enrolled in PPPT, the Soldier's place of duty during PT times will be at the PPPT site. First formation for Soldiers enrolled in the program will be at the PPPT site. Units will receive weekly attendance rosters to ensure accountability of their pregnant/postpartum Soldiers at PPPT. The exercise leader will collect and provide attendance rosters to the PPPT Coordinator. If the Soldier has frequent unexcused absences, she may be subject to administrative action from her chain of command.

(2) Soldiers absent from the PPPT program must provide a memorandum from the unit commander upon their return. Soldiers returning without a signed memorandum will receive an unexcused absence for that day. Participation is a priority; therefore commanders should limit interference from taskings, routine details, and administrative duties.

(3) A PPPT database will be maintained by the PPPT Coordinator that will include, but is not limited to, enrollment, APFT, and pregnancy data IAW specifications in TG 255 implementation guide.

c. Uniform. Pregnant Soldiers wear the APFT uniform until it becomes restrictive and then may wear civilian equivalent exercise attire. Soldiers are not required to purchase larger PT uniforms.

8. Responsibilities:

a. Garrison Command

(1) Maintain command and control of overall execution and funding for PPPT IAW Army Regulations, TG 255 Series, and published local policy memorandum and SOP.

(2) Appoint Instructor Trainer/PPPT Coordinator to direct the administrative and fitness activities of PPPT, following all local PPPT policies.

b. Unit Commanders

(1) Identify unit POC to monitor enrollment and participation in PPPT. Take appropriate action for unexcused absences.

(2) Tasked exercise leaders (EL) are required to monitor daily attendance, lead, and oversee PT sessions in a group of up to 25 pregnant Soldiers IAW TG 255 EL Manual.

ATCL-CG

SUBJECT: Pregnancy/Postpartum Physical Training (PPPT) Program

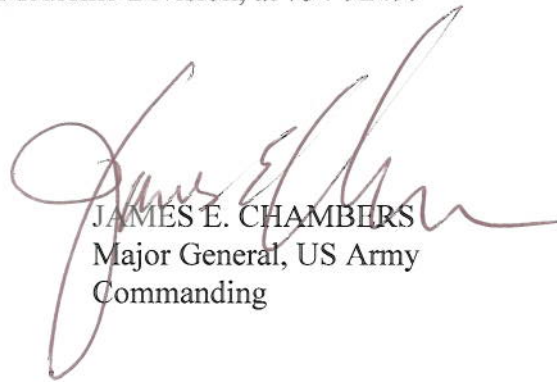
c. Kenner Army Health Clinic

(1) Provide pregnancy/postpartum information to the unit within one week of pregnancy diagnosis and provide updated information on pregnancy status as required. HCPs will provide profiles to the Soldier IAW AR 40-501 that specify if the Soldier is cleared to participate in PPPT, and indicating if participation is with no restrictions, specified restrictions and education only.

(2) Appoint Medical Expert (ME) to serve as medical consultant to unit commanders, PPPT staff, and ensure coordination of PPPT Health Education. ME will follow all local PPPT policies and oversee scheduling of experts to facilitate classes using the PPPT core curriculum as a guide.

d. Morale, Welfare, and Recreation/Fitness Facility will provide facility usage according to needs of PPPT Program, to include gymnasium, exercise rooms, pool, and equipment.

9. Point of contact is Chief, Preventive Medicine Division, at 734-9249.



JAMES E. CHAMBERS
Major General, US Army
Commanding

DISTRIBUTION:
LEEKEY

From: OTSG, OPSCENTER21 OPNS
Sent: Friday, July 11, 2008 10:12 AM
Subject: ALARACT 168/2008 SUBJECT: THE ARMY PREGNANCY POSTPARTUM PHYSICAL TRAINING UNCLASSIFIED//

R 102051Z JUL 08

FM PTC WASHINGTON DC//ALARACT//TO ALARACT
ZEN/RMY/OU=ORGANIZATIONS/OU=ADDRESS LISTS/CN=AL ALARACT(UC) BT UNCLAS QQQQ
SUBJ: ALARACT 168/2008
UNCLASSIFIED//

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DAMO-TR//

SUBJECT: THE ARMY PREGNANCY POSTPARTUM PHYSICAL TRAINING (PPPT) PROGRAM

1. REFERENCES.

- A. AR 5-22, THE ARMY PROPONENT SYSTEM, 3 OCTOBER 1986.
- B. AR 40-501, STANDARDS OF MEDICAL FITNESS, 14 DECEMBER 2007.
- C. AR 350-1, ARMY TRAINING AND LEADER DEVELOPMENT, 3 AUGUST 2007.
- D. AR 600-9, THE ARMY WEIGHT CONTROL PROGRAM, 27 NOVEMBER 2006.
- E. AR 600-20, ARMY COMMAND POLICY, 18 MARCH 2008.

2. PURPOSE OF THIS MESSAGE IS TO LAY OUT RESPONSIBILITIES IN EXECUTING THE ARMY PREGNANCY POSTPARTUM PHYSICAL TRAINING (PPPT) PROGRAM.

3. THE ARMY PPPT PROGRAM IS DESIGNED TO MAINTAIN HEALTH AND FITNESS LEVELS OF PREGNANT SOLDIERS AND SUCCESSFULLY INTEGRATE THEM BACK INTO UNIT FITNESS TRAINING PROGRAMS. EMPHASIS WILL BE PLACED ON ACHIEVING THE APFT STANDARDS IN ACCORDANCE WITH THE ARMY PHYSICAL FITNESS TRAINING PROGRAM, AND MEETING HEIGHT/WEIGHT STANDARDS. MAINTAINING FITNESS DURING PREGNANCY CONTRIBUTES TO A MORE RAPID RETURN TO ARMY PHYSICAL FITNESS AND WEIGHT STANDARDS AFTER PREGNANCY.

4. RESPONSIBILITIES:

A. THE U.S. ARMY MEDICAL COMMAND (MEDCOM).

1) SERVE AS THE SPECIFIED PROPONENT FOR THE ARMY PPPT PROGRAM AND ENSURE THAT THE U.S. ARMY CENTER FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE (USACHPPM) TECHNICAL GUIDE SERIES 255A-E, AND ARMY PREGNANCY POSTPARTUM PHYSICAL TRAINING PROGRAM (TGS 255) MANUALS ARE CURRENT AND AVAILABLE ON A WEB-BASED FORMAT AT [HTTP://CHPPM-WWW.APGEA.ARMY.MIL/DHPW/READINESS/PPPT.ASPX](http://CHPPM-WWW.APGEA.ARMY.MIL/DHPW/READINESS/PPPT.ASPX)

2) ENSURE THAT MEDICAL TREATMENT FACILITY (MTF) COMMANDERS PROVIDE MEDICAL CONSULTATIVE SUPPORT AND CONDUCT HEALTH-RELATED INSTRUCTION FOR THE LOCAL ARMY PPPT PROGRAM INSTRUCTORS AND HEALTH CARE EXPERTS THAT IS CONSISTENT WITH THE CONTENT, STANDARDS, POLICIES, PROCEDURES, AND RESPONSIBILITIES SET FORTH IN THE USACHPPM TGS 255 MANUALS.

B. SENIOR MISSION COMMANDERS ON THE INSTALLATION.

1) SERVE AS FUNCTIONAL PROPONENT FOR THE ARMY PPPT PROGRAM TO ENSURE ALL ELIGIBLE SOLDIERS PARTICIPATE IN THE INSTALLATION LEVEL PPPT PROGRAM.

2) CONDUCT THE PHYSICAL TRAINING PORTION OF THE ARMY PPPT PROGRAM IN A MANNER THAT IS CONSISTENT WITH THE CONTENT, STANDARDS, POLICIES, PROCEDURES, AND RESPONSIBILITIES SET FORTH IN THE USACHPPM TGS 255 MANUALS.

C. GARRISON COMMANDERS WILL ENSURE ADEQUATE AND APPROPRIATE FACILITIES AND EQUIPMENT ARE PROVIDED FOR ARMY PPPT PROGRAM EXECUTION.

5. RESERVE COMPONENT SOLDIERS NOT ON ACTIVE DUTY, GEOGRAPHICALLY REMOTE SOLDIERS, AND THOSE ASSIGNED TO INSTALLATIONS WITH A NEGLIGIBLE PREGNANT SOLDIER POPULATION MAY UTILIZE THE SPECIFICALLY DESIGNED GEOGRAPHICALLY REMOTE SOLDIER ARMY PPPT PROGRAM MATERIALS AVAILABLE FROM THE USACHPPM WEBSITE AT [HTTP://CHPPM-WWW.APGEA.ARMY.MIL/DHPW/READINESS/PPPT.ASPX](http://CHPPM-WWW.APGEA.ARMY.MIL/DHPW/READINESS/PPPT.ASPX)

6. AR 350-1, AR 600-9, AND FM 3-22.20 WILL BE UPDATED TO INCLUDE DELINEATION OF RESPONSIBILITIES FOR THE EXECUTION OF THIS PROGRAM.

7. POC FOR G-3 IS MSG BRENDA GRAVES, 703-692-8404, EMAIL:

BRENDA.GRAVES@HQDA.ARMY.MIL; FOR G-1 IS LTC KAREN WHITMAN, 703-604-0669, EMAIL: KAREN.WHITMAN@HQDA.ARMY.MIL; FOR USACHPPM IS MS. LISA YOUNG, 410-436-7844, EMAIL: LISA.J.YOUNG@US.ARMY.MIL.

8. THIS MESSAGE WILL EXPIRE ON 30 SEPTEMBER 2010

ALARACT_171_2008[1]

R 151521Z JUL 08

FM PTC WASHINGTON DC//ALARACT//

TO ALARACT

ZEN/RMY/OU=ORGANIZATIONS/OU=ADDRESS LISTS/CN=AL ALARACT(UC)

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UNCLAS

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SUBJ: ALARACT 171/2008 (CORRECTED COPY)

UNCLASSIFIED//

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER
ON BEHALF OF DA WASHINGTON DC//DAPE-MPE//

SUBJ: NOTIFICATION OF PENDING POSTPARTUM AND ADOPTION DEFERMENT
POLICY CHANGE

REF AR 614-30 (OVERSEAS SERVICE), 11 APRIL 2007.

1. THE SECRETARY OF THE ARMY HAS APPROVED A CHANGE TO THE DEFERMENT POLICY FOR SOLDIERS WHO ARE MOTHERS OF NEW BORN OR ELIGIBLE PARENTS OF AN ADOPTED CHILD. THE CURRENT FOUR MONTH OVERSEAS ASSIGNMENT/DEPLOYMENT DEFERMENT PERIOD WILL BE LENGTHED TO SIX MONTHS. THIS MESSAGE GIVES COMMANDERS AND SOLDIERS AN ADVANCE NOTICE TO PLAN FOR IMPLEMENTATION.
2. THE EFFECTIVE DATE OF THIS CHANGE SHALL BE 1 AUGUST 2008 TO COINCIDE WITH THE ARMY'S RETURN TO A TWELVE MONTH BOOTS ON THE GROUND (BOG) POLICY.
3. ON 1 AUGUST 2008, SOLDIERS WHO ARE SERVING A DEFERMENT PERIOD OF FOUR MONTHS WILL HAVE THEIR DEFERMENT EXTENDED TO SIX MONTHS UNLESS WAIVED BY THE INDIVIDUAL SOLDIER CONCERNED. SOLDIERS WITH DEFERMENTS ENDING PRIOR TO 1 AUGUST 2008 WILL COMPLETE THEIR CURRENT FOUR MONTH DEFERMENTS. COMMANDERS ARE ENCOURAGED TO GRANT 6 MONTH DEFERMENTS PRIOR TO THE OFFICIAL IMPLEMENTATION DATE OF THE NEW POLICY IF OPERATIONALLY FEASIBLE.
4. THE CHANGES WILL BE PUBLISHED IN AR 614-30, TABLE 3-1, RULES 32 AND 33, AND PARAGRAPH 3-8A(5). SPECIFICALLY, IN TABLE 3-1, RULE 32, THIRD COLUMN, FOUR MONTHS WILL CHANGE TO SIX MONTHS. RULE 33, THIRD COLUMN, FOUR MONTHS WILL CHANGE TO SIX MONTHS. RULE 33, FOURTH COLUMN WILL CHANGE TO: SOLDIER WAIVES DEFERMENT OR COMMANDER, IF AUTHORIZED, EXTENDS THE TIME PERIOD OF THE DEFERMENT. CHANGES WILL ALSO BE PUBLISHED IN ADDITIONAL PUBLICATIONS AS APPROPRIATE.
5. POC FOR REGULATORY CHANGES IS MR. WELLS, DAPE-MPE-DR, DSN: 225-7917, EMAIL DAPE-MPE@HQDA.ARMY.MIL.
6. EXPIRATION DATE OF THIS MESSAGE IS 1 AUGUST 2009.