

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

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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:

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8. THIS MESSAGE WILL EXPIRE ON 30 SEPTEMBER 2010