

P3T

SUPPORTING STRENGTH AT EVERY STAGE

KEEPING MARINES HEALTHY, SAFE, AND MISSION-READY DURING PREGNANCY AND BEYOND.

WHAT IS P3T?

A human performance service for pregnant and postpartum marines designed to promote healthy practices during pregnancy and education for a safe return to duty” to help keep it more broad based.

WHY P3T MATTERS

- + **Enhances Readiness:** Supports strength, mobility, and endurance critical to mission performance.
- + **Reduces Injury Risk:** Progressive training helps prevent common issues like back pain and deconditioning.
- + **Builds Resilience:** Discuss how P3T provide education on understanding the emotional changes during pregnancy and post-partum to help build resilience.
- + **Supports Safe Recovery:** Discuss how it supports safe recovery by providing education and tools on sleep and recovery through the trimesters.

THE PURPOSE OF P3T

- + Maintain health and readiness during pregnancy and postpartum
- + Provide trimester-specific training guidance
- + Support safe return-to-duty and fitness standards
- + Promote long-term performance and injury prevention



WHERE TO FIND SUPPORT

Delivered through [WARR-Semper Fit](#), P3T connects Marines with:

PERFORMANCE EDUCATORS

INSTALLATION-BASED FITNESS RESOURCES

STRENGTH & CONDITIONING COACHES