

P3T: Pregnancy and Postpartum Physical Training Program

Sarah Trickler: Former P3T Program Participant – Her Story

Sarah Trickler was actively enrolled in the P3T program from June to October in 2022. During her time in the program, the health educators were instrumental to her pregnancy and postpartum journey.

“After I had my child, my body drastically changed, and the health educators understood exactly what I was going through. Their education, knowledge, guidance and patience were vital to my well-being, helped me with losing weight and getting my strength back,” said Sarah.

She believes P3T is a valuable program designed for Warfighters who need support and guidance to keep healthy through their journey as an expecting or new mom.



Courtesy Image (provided by Sarah Trickler)

“Though there are numerous resources for keeping healthy and eating right during the pregnancy and postpartum process, P3T is the only program that offers a guided fitness program that benefits both mom and baby,” she added.

Sarah’s favorite P3T memory was when she and other program participants joined the health educators to participate in the 9/11 Remembrance 5K at Naval Station Norfolk. She appreciated the camaraderie and support she felt as they helped her finish the run. She has completed three 5Ks since.

Sarah feels this program is essential for pregnant and postpartum female Warfighters. She says the program not only benefits those enrolled, but the entire operating force.

“I cannot speak enough about this program. I think females in general need it,” said Sarah. “I feel any female enrolled in this program will not only get help with physical fitness, but also help and guidance with mental health, social health and work-life balance. It worked for me, and I know it can work for someone else.”

For more on P3T: <https://www.dvidshub.net/publication/issues/65532>