

**SUBJ:** DACOWITS RFI #6 - March QBM

**FROM:** Family Support Services Program Manager and Deployment Program Health, Safety, and Work-Life (CG-11)

**TO:** DACOWITS Committee

**THRU:** Office of Diversity & Inclusion (CG-127)

**While Coast Guard was not responsible for items in the original RFI, the follow-up questions were assigned for Coast Guard response.**

**RFI 6 - Revised Physical Fitness Tests:**

ii. Navy, Marine Corps, Air Force, and Coast Guard: What is your process for developing a postpartum physical training program? Where are you in that process?

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**CG Response:**

RFI #6: The Coast Guard (CG) has collaborated with the Consortium for Health and Military Performance (CHAMP), to produce flyers, offering suggestion on how to maintain a healthy weight during pregnancy and after the pregnancy. These flyers have been distributed throughout the CG and are also on the CG Personal Wellness website: <https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Health-Promotion-Resources/Personal-Wellness/> Additionally, members who are listed on the Inpatient Hospitalization Message System, with a diagnosis of "Child Birth" will also be sent the flyer. Posted on the flyers is a phone number to the CG-Support, which among other resources offers Health Coaching to assist the members.

See Attached Fliers.



# Healthy Tips After Pregnancy

Remember to be realistic and patient. Very few experiences take a woman's body to the extreme like pregnancy and childbirth. Here are some tips to creating a healthy routine that can give you more energy to help you focus on what matters most: your new family!

## EAT BALANCED MEALS & SNACKS

**Maximize nutrients for weight loss. Eat a variety of whole foods in the right portions.**

- Fill ½ your plate with fruits and veggies—the more colors, the better!
- Make lean protein part of all meals and snacks. Examples: one egg for breakfast; a handful of nuts or Greek yogurt for a snack; a bean burrito with veggies at lunch; grilled chicken or fish with brown rice and roasted veggies for dinner.
- Choose brown rice, oatmeal, and whole-grain breads, pastas, and cereals. They're higher in vitamins, minerals, and fiber than "refined" or white versions.
- Top salads and sandwiches with plant-based fats, such as ½ of an avocado or dressings made with olive oil to add heart healthy fat and flavor.
- Drink plenty of fluids, especially water and other low-sugar or low-calorie choices.
- Limit low-nutrient foods and drinks high in sugar, calories, or saturated fat.
- Measure your food to help keep an eye on portion sizes.
- Eat mindfully: Eat slowly, take smaller bites, put down your fork between bites, and limit screen time and other distractions.



## EXERCISE REGULARLY

You might not be able to exercise as long or often as before you were pregnant, but some physical activity is important for your mind and body.

### Exercise after pregnancy:

- Helps postpartum weight loss
- Reduces fatigue
- Improves mood
- Provides "me" time

### Ask your healthcare provider when it's safe to start exercising again. You probably won't be as fit as you were before pregnancy, so be patient.

- Start with low-impact activities such as walking, swimming, biking, and yoga.
- Gradually increase intensity and length of activity, especially if you were less active before or during pregnancy. You likely can return to your usual activity soon if you were highly active before pregnancy.
- If you're breastfeeding, you'll probably feel more comfortable if you nurse or pump before you work out.



## MAKE THE MOST OF BREASTFEEDING

You can breastfeed or pump and still lose weight safely without affecting the amount or quality of your milk. In fact, breastfeeding for 3 or more months can help weight loss after pregnancy.

### Keep these nutrition tips in mind if you're breastfeeding:

- Eat about 500 extra calories a day to support your nutrition needs and help produce milk. Add 1–2 snacks during the day or increase your portions when you feel hungry.
- Drink plenty of water and limit caffeine and sugary drinks.
- Focus on a variety of foods to ensure you get enough vitamins and minerals, and ask your healthcare provider if you should take supplements.



## COAST GUARD MATERNITY AND POST-PREGNANCY EXEMPTIONS

**Coast Guard members don't need to meet weight and body fat standards during pregnancy but are still required to participate in all weight screenings.**

- If you were pregnant less than 20 weeks, you're exempt for 6 months after your pregnancy ended.
- If you were pregnant 20 weeks or more, you have 12 months from delivery or the end of pregnancy to make weight.
- The Coast Guard recognizes that members may have body fat gain associated with the side effects of Assisted Reproductive Services (ARS) and/or the medications used for ARS. A member may request an ARS weight and body fat standards exemption through their Commanding Officer to Commander (CG PSC-psd) after a military physician has positively endorsed the ARS treatment plan.

**Refer to the *Coast Guard Weight and Body Fat Standard Program Manual (COMDTINST M1020.8H)* for more information.**

## REACH OUT

The stresses of being a new mom can be overwhelming. Reach out to friends, family, and colleagues for support with your exercise, eating, and weight-loss goals. Use exercise and food apps, diaries, and activity trackers to help you monitor your progress, achieve your goals, and be mission-ready.

Learn more about healthy nutrition and exercise habits at:

<https://www.choosemyplate.gov/moms-breastfeeding-nutritional-needs>



**For more info, contact CG SUPRT at  
1-855-CGSUPRT (247-8778) or CGSUPRT.com.**



# Nutrition & Exercise Tips for a Healthy Pregnancy

Give your baby (and you) the best start possible: Stay active, eat right, and gain a healthy amount of weight during your pregnancy. Nearly half of pregnant women gain more than the suggested amount of weight. Try these tips for a healthy pregnancy.

## EAT BALANCED MEALS & SNACKS

### Choose the right combination of carbs, protein, and fats.

- Fill ½ your plate with veggies—the more colors, the better!
- Fill ¼ of your plate with whole grains (brown rice, bread, pasta, cereal, oatmeal, quinoa) and starchy veggies (potatoes, corn, and peas).
- Make ¼ of your plate lean protein such as poultry, meat, fish, seafood, beans, nuts, seeds, nut and seed butters, soy, and dairy.

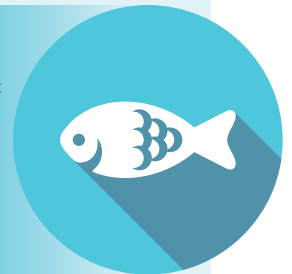


### Avoid the following sources of protein while you're pregnant:

- Raw fish and seafood
- Fish with high mercury content, including King mackerel, marlin, orange roughy, shark, swordfish, tilefish from the Gulf of Mexico, and bigeye tuna
- Undercooked meat and poultry
- Deli-style meats and cold cuts unless you heat them (to steaming hot to kill bacteria)
- Unpasteurized milk and soft cheeses such as brie, feta, and blue cheese

### LEARN MORE ABOUT SAFE FISH CHOICES AT:

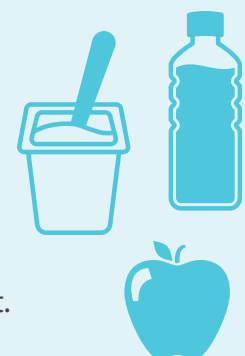
[www.fda.gov/Food/ResourcesForYou/Consumers/ucm393070.htm](http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm393070.htm)



Limit canned or fresh white and albacore tuna to 4 oz per week. (Canned light tuna contains less mercury and is safe to eat more often.)

### Limit “empty calories” (sugary snacks, fried foods, junk food) that don't provide enough vitamins, minerals, fiber, or other nutrients.

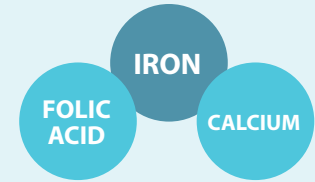
- Eat throughout the day to keep up your energy.
- Snack “smart” so you're less tempted to reach for sweets when hunger strikes. Ideas include trail mix, hummus and veggies, low-fat Greek yogurt, fruit, or cheese sticks.
- Enjoy fresh, frozen, and canned fruit with no added sugar for a snack or dessert.
- Include healthy fats such as olive oil, avocado, nuts, and seeds.
- Drink plenty of water throughout the day and during exercise, limit caffeine, and avoid sugary drinks.



## FOCUS ON KEY NUTRIENTS

When you're pregnant you need more of certain vitamins and minerals. A balanced eating plan should provide what you need, but ask your healthcare provider about whether you need vitamin or mineral supplements.

- Iron is found in whole grains, lean beef and pork, beans, peas, and iron-fortified grains (cereal and oatmeal).
- Folic acid sources include fortified cereals, enriched pasta and grains, peanuts, beans, and dark leafy greens.
- Calcium is found in milk, hard and pasteurized cheeses, yogurt, and fortified plant milk.



## GAIN A HEALTHY AMOUNT OF WEIGHT

Gain weight slowly during pregnancy to support your growing baby. Too much weight gain during pregnancy can impact the short- and long-term health of you and your baby and make it harder for you to lose weight after baby is born.

- 1–4 pounds total during the first 3 months (1st trimester)
- 2–4 pounds per month during months 4–9 (2nd & 3rd trimesters)



Women at a healthy weight before pregnancy need an average of 340–450 extra calories per day during the second and third trimesters. Increase your calorie intake with a larger portion or by adding a snack, such as ½ cup trail mix, or a 5.3 oz container of low-fat Greek yogurt + a handful of berries.

Suggested weight gain based on your body mass index (BMI) can be calculated from your height and pre-pregnancy weight using an online calculator such as this one: [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

Weight Before Pregnancy	Recommended Weight Gain (in pounds)
<b>Underweight</b> BMI less than 18.5	28–40
<b>Healthy weight</b> BMI 18.5–24.9	25–35
<b>Overweight</b> BMI 25–29	15–25
<b>Obese</b> BMI more than 29	11–20

## KEEP MOVING

It's important to stay active while you're pregnant for the health of you and your baby. It should be safe to exercise unless you're uncomfortable or have complications.

- Aim for 150 minutes of moderate-intensity aerobic exercise per week—or about 20 minutes a day.
- Duty restrictions vary depending on job position, environment, and physical capabilities. Check with your healthcare provider and supervisor.



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