



A World Transplant Games Federation Initiative

A Rehabilitation & Wellness Program for Transplant Recipients

Would you like to get active post your transplant?

Would you like to improve your quality of life?

Would you like to feel a greater sense of ease and wellbeing?

The Refit for Life! Toolkit is here to help you take those steps...

Start the program now!



www.wtgf.org/refitforlife/

Refit
Reinspired
Refocused



More transplant recipients, more active, more often!

ABOUT REFIT FOR LIFE!

Brought to you by the World Transplant Games Federation, the Refit for Life! toolkit offers a free online program, available to all recipients at various stages of their transplant journey.

The Federation understands that transplant recipients have ongoing life-long challenges. A transplant is not a cure in its own right, but a chance to start again.

By joining Refit for Life! transplant recipients will begin to regain their confidence by overcoming physical and wellbeing issues, and improve their overall quality of life.

*** Individuals should seek approval from their Health Care Professional prior to registering for this program and engaging in exercise activities.

WHAT DOES IT INCLUDE:

The program includes practical resources designed to encourage recipients to focus on rehabilitation post-transplant, by offering guidance in the areas of various physical activities, mental wellbeing and nutrition.

REHABILITATION PROGRAM

A starting point for newly transplanted recipients to help take the first steps to get active:

- Progressive Exercise Series
- Nutrition guidelines
- Mental wellbeing advice
- Assessment and Tracking tools

WELLNESS SERIES

For all transplant recipients who are ready to try something new, and improve their fitness, wellbeing and overall quality of life:

- Variety of free online video classes
- Connection with instructors from around the world
- Access to a growing library of classes



Physical
Activity



Mental
Wellbeing



Nutrition
Guidance

Help your organ work better and live longer...get Refit post your transplant

More transplant recipients, more active, more often!

REHABILITATION PROGRAM



Justin Bircher

REHABILITATION PROGRAM

Progress at your own pace in this Exercise Series, designed to help you get active again after your transplant. The program includes plans for 4 different levels of ability, ensuring there is help for everyone in their activity journey

WELLNESS SERIES



Tina Clarke

BEGINNER YOGA SERIES

Learn the concepts of Yoga in this 10 class series, focused on movements & postures designed to bring awareness & connection with your body



Grey Brett

GUIDED SERIES

In this 8 class series, transform your body & gently build strength by unlocking movement & more flexibility



Simplicity Coaching

MINDFULNESS SERIES

In this 8 week series, Julie & Liz teach a variety of simple meditation practises, to help reclaim your life & live it more fully, moment by moment



Tina Clarke

EMBODYING YOUR TRANSPLANT SERIES

Regain a deeper sense of being 'back in your body', & feel more self-empowered during this 8 week somatic therapy series

NEW SERIES COMING SOON

- Pilates Series
- Nutrition Series
- Sports Series
- Sports Psychology Series
- Body Conditioning & Cardio Series
- Mentoring Series

WOULD YOU LIKE TO CONTRIBUTE?

We are looking for Instructors in the areas of Transplant Health & Nutrition, Cardio & HIT Workouts, Strength Exercises, Sports Training and more!

Help us grow our Refit for Life! Toolkit by sending us an email with your expertise:

fitforlife@wtgf.org

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About the World Transplant Games Federation

Established in 1987 as a global sports Federation, the WTGF unites transplant recipients from across the world, to promote the success of organ and tissue donation and life-saving transplantation. With more than 60 member countries, we stage the world's largest awareness events for transplantation, to inspire the public to consider organ and tissue donation. We also promote sports for all, encouraging recipients to rehabilitate following their transplant, and keep fit and healthy in their ongoing life journey.



Summer and Winter World Transplant Games

We hold the Summer World Transplant Games every two years and the Winter Games in the intervening years. The Games are open to solid organ recipients and bone marrow recipients aged from 4 – 80 years. Donor family members and living donors can also participate in selected events.



Global Virtual Events

We host various Virtual sporting events throughout the year, open to our global community of recipients, living donors, donor families, health professionals and supporters.



Youth Initiative

Dedicated program aimed at transplant youth and their support network to gather information, seek support and encourage participation in sport



Research & Education

Research initiative aimed to support the growth of research into sport, exercise and health for organ and tissue transplant recipients



Social Community

Facebook Group connecting transplant recipients and dialysis patients to share and gather information

Visit www.wtgf.org for more information

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