



A World Transplant Games Federation Initiative



A Rehabilitation & Wellness Program for the Transplant Community

Would you like to improve your quality of life?

Would you like to get active post your transplant?

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

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

Register for FREE!



www.wtgf.org/refitforlife/

Refit Reinspired Refocused



More transplant recipients, more active, more often!

ABOUT REFIT FOR LIFE!

Refit for Life! is a free online program that offers guidance in the areas of physical activity, mental wellbeing and nutrition.

This program aims to help transplant recipients take the first steps to get active and to support the transplant community in their ongoing rehabilitation, fitness and wellness journey.

From rehabilitation to holistic healing, Refit for Life! offers practical information, exercise routines and wellness practices to enhance both physical and emotional wellbeing, and empower your journey towards improved quality of life.

*** Individuals should seek approval from their Health Care Professional prior to registering for this program.

WHAT DOES IT INCLUDE:



Move Right!

- ✓ Essential information on physical activity post-transplant
- ✓ Rehabilitation Exercise Program with four levels of intensity
- ✓ Collection of online exercise classes from beginner to more advanced routines



Think Right!

- ✓ Practical guidance to help to regulate emotional, psychological and social wellbeing
- ✓ Collection of video classes designed to support your journey to an improved quality of life, unlock your own inner power and feel a greater sense of ease



Eat Right!

- ✓ Support your recovery, healing and ongoing longevity with nutrition and dietary guidelines post-transplant
- ✓ Collection of delicious Refit for Life! recipes

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MOVE!



Justin Bircher
REHABILITATION PROGRAM

Get active post-transplant with exercise plans and accompanying guidance videos for 4 different levels of ability



Grey Brett
GUIDED SERIES

a Strength, mobility, and Flexibility 8-part series to help you unlock movement and flexibility in your body.



Tina Clarke
BEGINNER YOGA SERIES

A ten-part beginner yoga course specific for the transplant community, taking you gradually through a mix of movements and postures.



Charis Maguire
PILATES SERIES

an 8-part series designed to help strengthen and stabilise your core.



Lisa Manzo
PUREENERGY SERIES

a 6-part series designed to guide you towards a more vibrant lifestyle. It includes fun 20-minute workouts targeting different areas of your body.



Simplicity Coaching
MINDFULNESS SERIES

8-week video course introducing you to the basics of mindfulness.



Tina Clarke
EMBODYING YOUR TRANSPLANT SERIES

10-week video course using body-centred therapeutic practises - connecting both mind and the body when healing from a life-threatening experience.



Arturo Velasco
SPORTS PSYCHOLOGY SERIES

8-part series created to give you strategies and skills to help you adopt new positive behaviours, build mental strength, and commit to a healthy lifestyle.



Eliza Bell
TRANSPLANT COACHING SERIES

an action-based practice that helps you recognise your needs and what areas need attention to restore a healthy balance.



Emily Campbell
NUTRITION FOR KIDNEY HEALTH

videos designed to help you navigate the complex world of food and how to be delicious and nutritious while achieving your health goals.

THINK!

EAT!

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About the World Transplant Games Federation

Established in 1978, the World Transplant Games Federation is a worldwide organisation with representation from over 60 countries that celebrates successful transplantation and the gift of life through unique and inspiring events.

Our principle aim is to raise public awareness of the importance and benefits of organ donation by demonstrating that health and fitness can be achieved post-transplant. Our athletes are our ambassadors and give hope to people on transplant waiting lists.



World Transplant Games

Hosts of 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 families and living donors can also participate in select events.



Global Virtual Events and Fundraisers

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



National Football Programs

We established the World Transplant Football Commission to increase the participation of transplant athletes in football from beginners to elite national programs, including the international World Transplant Football World Cup.



Youth Initiative

Dedicated programs directed 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.

Visit www.wtgf.org for more information

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