

The Benefits

- Improved mental wellbeing derived from physical activity and sport in a team environment
- Reduced obesity amongst recipients
- Improved physical ability and muscle tone
- Overall improved health equals greater long-term management of a transplant
- Creation of a new worldwide communications channel to deliver other important health information



The need for organ donors constantly grows.

Transplant recipients who are leading healthy and active lifestyles are able to show the world what this "Gift of Life" has allowed them to achieve.

If you would like to learn more about Fit for Life! and how it can help you help your patients visit wtgf.org or email

About the World Transplant Games Federation

The World Transplant Games Federation unites transplant recipients from across the world to promote the success of organ and tissue donation and life-saving transplantation. With more than 70 member countries, the WTGF stages the world's largest awareness event for transplantation, the Summer World Games, to inspire the public to consider organ and tissue donation. The WTGF also inspires recipients to rehabilitate following their transplant and keep fit and healthy in their ongoing journey.

