

## Refit for Life – Free online rehabilitation toolkit for transplant recipients to be translated into additional languages with a global distribution plan, thanks to a new partnership with ITB-MED!

The Refit for Life toolkit, proudly supported by ITB-MED, is an entirely free initiative of the World Transplant Games Federation (WTGF). It aims to help transplant recipients enjoy an increased quality of life with programs focusing on getting active, psychological support, nutrition, and mental well-being.

Recipients can register for the program by visiting [www.wtgf.org/refitforlife](http://www.wtgf.org/refitforlife). Once registered, they will gain free access to a portal that offers downloadable exercise programs accompanied by detailed videos on how to do each exercise and 8 – 10 part video courses focussed on physical, emotional and mental well-being.

Up to now, all programs have been offered only in English. With the partnership of ITB-MED, the WTGF will translate all programs and all supporting marketing materials into four additional languages: Spanish, German, Mandarin and French. This will allow us to reach out and help a more significant portion of our transplant community. In time, we plan to activate translations in more languages.

“Evidence shows that regular physical activity is highly beneficial for transplant patients, having positive effects on all aspects of quality of life. Transplant survival rates are higher than ever, as adopting a physically active lifestyle tends to help the organ work better and longer. Unfortunately, advice and aids are not equally available worldwide. As a global sports Federation that promotes sports for all, we aim to break down the barriers to exercise. In addition, rehabilitation should not only focus on exercise but also help with overall health, mental well-being, and emotional well-being. The wellness series brings a variety of courses focused on holistic healing to the community. This partnership with ITB-MED will help us reach more transplant recipients.” Liz Schick, WTGF President.

Erik Berglund, MD, CEO of ITB-MED, commented, “We are delighted to partner with the World Transplant Games Foundation in our shared mission to enhance the lives of transplant recipients. Together, we are making a difference, promoting hope, resilience and a brighter tomorrow for those who have undergone life-changing transplants.”

In addition, the partnership with ITB-MED will assist the WTGF in building a global database of transplant units to whom we will supply marketing packs to introduce new and old recipients to the program.

**More transplant recipients, more active, more often!**

## About the Refit for Life toolkit

Rehabilitation is an integral part of recovery post-transplant. Rehabilitation helps patients regain strength, endurance, and mobility, allowing them to return to normal activities more quickly. The downloadable exercise programs are offered at four levels, and each exercise is accompanied by video instruction showing how to do it correctly.

### Exercise Series:

Level 1 – Let's get moving (I've just had my transplant)

Level 2 – Off the Marks (Beginner)

Level 3 – Building blocks (Moderate)

Level 4 – Final straights (intermediate)

The programs vary slightly depending on what transplant you have had.

We hope to add higher-level exercise programs for improved fitness, including HIIT and CrossFit workouts and specific sport-specific programs in the near future.

Wellness and psychological support are also essential in rehabilitation because receiving an organ transplant is emotionally and mentally challenging. Our wellness programs are designed to offer support with tools and programs that can help patients cope with stress and anxiety.

Some of the courses we offer to aid in this area include:



Tina Clarke

### **EMBODYING YOUR TRANSPLANT SERIES**

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



Simplicity Coaching

### **MINDFULNESS SERIES**

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



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.

We also offer a range of strength and mobility courses, including:



Charis Maguire  
**PILATES SERIES**

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



Lisa Manzo  
**PUREENERGY SERIES**

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



Grey Brett  
**GUIDED SERIES**

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

In addition, the wellness series offers coaching programs aimed to help build mental strength, including:



Arturo Velasco  
**SPORTS PSYCHOLOGY SERIES**

an 8-part series created to give you practical strategies and critical skills to help you adopt new positive behaviours, build mental strength, and enthusiastically 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.

And, of course, the program also focuses on nutrition, with a dedicated kidney series:



Emily Campbell  
**KIDNEY HEALTH SERIES**

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

Translations and distribution will commence shortly. All updates will be made via our social media channels. Should you wish to collaborate with the WTGF on our Refit for Life program, please email [refitforlife@wtgf.org](mailto:refitforlife@wtgf.org)

## About the World Transplant Games Federation:

For over 40 years, the World Transplant Games Federation has been staging international sporting events and promoting education around transplantation to promote the physical success of transplant surgery and the need to raise public awareness and increase organ donation. The WTGF is a not-for-profit international organisation and registered charity founded in 1978. It currently has over 50 member countries, most of which have their own national transplant sports organisations.

The World Transplant Games Federation understands that transplant recipients have ongoing challenges. A transplant is not a cure in its own right but a chance to start again. The Federation promotes the full rehabilitation and well-being of recipients through healthy lifestyles achieved through exercise, sport, and mental well-being. Our Refit for Life transplant Rehabilitation program is designed to provide recipients with a simple step-by-step guide to a life of activity and improved quality of life.

## About ITB-MED:

ITB-MED is a pioneering biotechnology company committed to reshaping the treatment landscape for organ transplantation and specific autoimmune conditions. ITB-MED's lead asset, siplizumab, is a biologic agent being evaluated in numerous clinical trials. These trials are dedicated to addressing unmet needs in liver and kidney transplant recipients by potentially removing their reliance on chronic immunosuppression medications as well as in autoimmune diseases such as type 1 diabetes and amyotrophic lateral sclerosis (ALS). ITB-MED is also developing its own pipeline of proprietary biologic candidates. For more information, please visit [www.itb-med.com](http://www.itb-med.com).

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