



TITLE: What can we learn from cycling and triathlete transplant recipients? And how can I become more physically active?

SPEAKERS: Prof Bart Rienties, Open University, Kidney Transplant 2008
Dr Leigh Martin, Open University, Sport & Exercise Psychologist

DATE: Tuesday, 13th August 2024

TIME: 12h00 – 13h00 (UK time)

REGISTER: [Register in advance via ZOOM](#)

WHO IS THIS WEBINAR FOR: The webinar is aimed at anyone who is interested in improving health and physical activity, as well as anyone who supports or lives with a transplant recipient.

WEBINAR INFORMATION: This webinar will have two purposes.

Firstly, we will share insights from 27 transplant athletes from across the world who participated in high intensity sports of cycling and/or sprint triathlon at the World Transplant Games in Perth 2023. The findings suggest that many of the barriers to physical activity previously reported in studies with transplant recipients with average exercise levels were not shared by the majority of transplant athletes in this study. They reported significantly lower physical limitations, lower fear to undertake exercise, and lower to no comorbidity issues. The first part of this webinar will discuss what you can learn from these experiences, and whether or not becoming more active might be something for you.

The second part of the webinar will discuss our latest research with a wider group of transplant recipients from the UK and Australia, whereby we aim to leverage personal experiences, social and medical support networks to understand the unique challenges and achievements of transplant recipients. By integrating patient and public involvement and transplant recipients' social networks, the research team intends to craft a framework that not only benefits transplant recipients and their loved ones but can also be applied to individuals with other chronic health conditions. This patient-centred approach emphasizes empowerment, aiming to inspire confidence and motivation among transplant recipients to lead active, fulfilling lives.

SPEAKERS BIOGRAPHY:



Prof Bart Rienties

Professor of learning analytics at the Institute of Educational Technology, Open University.

However, he is more proud of his kidney transplant that he received from his mum in 2008, and the various medals he received at various World Transplant Games events in cycling and triathlon.



Dr Leigh Martin

Research associate at the Institute of Educational Technology at the Open University and leads the Barriers and facilitators to physical activity for transplant recipients; developing a Patient and Public Involvement and engagement framework (PA-PPI) project. She is a Sport & Exercise Psychologist and received her PhD at Glasgow Caledonian University.




LINK TO STUDY:

Feel free to help with our studies and find out more at <https://sites.google.com/view/cycling-triathlon-wtg-perth/>

World Transplant Games Federation

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