

fit for life

SOME SIMPLE STEPS

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The steps to being Fit for Life! start with deciding your goals. Maybe you simply want to undertake daily living with more energy, participate in recreational sports or venture into athletic competition.

There will be benefits gained from any level of physical activity as long as participation is regular and appropriate for your physical condition. The most important thing is that as a transplant recipient, you make a commitment to your overall

health and well-being and do some sort of physical activity on most, if not all days of the week.

Exercise programs vary from more movement and walking, to gardening, climbing stairs or vigorous athletic training. The differences are typically the level of intensity (exertion), duration and frequency of participation.

Here are some simple goals and what's required to achieve them:

GOAL	SUGGESTIONS	WHAT TYPE OF RECIPIENT?	BENEFITS
Increasing physical activity throughout the day	<ul style="list-style-type: none"> • Taking stairs at work • Walking to the store, or parking further from the destination, and walking activities around the home such as gardening, etc. • Doing easy strengthening exercises such as chair stands or stair climbs 	<ul style="list-style-type: none"> • Those who may be compromised medically, • Older individuals • Those not yet ready to commit to a program of planned regular exercise 	<ul style="list-style-type: none"> • Benefits will be less than a planned program of exercise • No need for equipment/expense • Can work it into every-day activities • For those who are unaccustomed or dislike the idea of a regular program of exercise • May be a good way to get started moving more throughout the day – to get off the couch and change some habits
Low level exercise program	<ul style="list-style-type: none"> • Setting aside a time on most, if not all days of the week to walk or use home exercise equipment at a low level. Use of light calisthenics or light weights to start with strengthening 	<ul style="list-style-type: none"> • Those who are just getting started • Older individuals • Those who may be compromised medically 	<ul style="list-style-type: none"> • Some health benefits will be achieved • Can be done out of the home • No special equipment required • Can be done anywhere or any time, fitting into a busy schedule • High likelihood of regular participation
Moderate level exercise program	<ul style="list-style-type: none"> • Setting aside time 3-5 days/ week to participate in exercise at a 'moderate' exertion level (i.e. a level that increases breathing, pulse rate, and uses large muscle groups in a rhythmic manner). The types of exercise include brisk walking, cycling, swimming, use of cardio-equipment, and strengthening equipment 	<ul style="list-style-type: none"> • Those who can commit to a regular program • Those who are able to walk continuously for 30 minutes and have the desire to increase endurance and strength above daily activity levels. 	<ul style="list-style-type: none"> • More comprehensive benefits • Higher chance of regular adherence/ participation • May require some supervision getting started and determining intensity levels • May require some equipment, depending on desired activities • Can be done at home or in a gym, individually or in a group setting
Vigorous Exercise training- for sports participation and/or athletic competition	<ul style="list-style-type: none"> • Increasing exercise program beyond the moderate level by incorporating interval training at a higher intensity, start to incorporate sport specific training 	<ul style="list-style-type: none"> • Those who are able to participate in moderate level activity for at least 30 minutes 3-5 days/week • Those interested in participating in sports/ athletic competition 	<ul style="list-style-type: none"> • Probably no further health benefits will be gained • Allows for safe and fun sport/athletic participation • Adequate levels of strength will help minimize injury • May increase risk of injury (if overtrained)

What is Fit For Life?

- Helping recipients take the first step to a life of fitness
- Tools and support to motivate recipients to exercise at their own pace
- Resources for healthcare professionals to assist patients to get back into life
- A community program connecting recipients across the globe
- Fit for Life Ambassadors and more!

Why

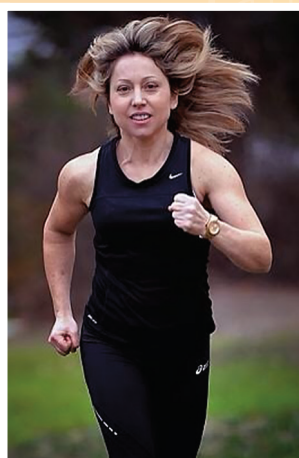
Research shows that physical activity is especially important for transplant recipients.

Fit for Life! is an initiative which builds safe social support structures, providing resources to assist with post-transplant life. It inspires recipients to set simple goals, such as walking around the block, and building towards more ambitious outcomes.

Australia's Fit for Life! Ambassadors

"I learnt to run when I was 27 years old. Before my transplant the reality was that I couldn't run for more than 200m without passing out (literally) ... Training started slowly by walking twice a day to build strength and confidence, gradually my walks became longer and started to include hills. Then came that incredible day when I first 'tried' running - it was amazing!"

- Kate Phillips, heart double lung transplant recipient



"The first weeks post-transplant were tough, however I was determined to get mobile and re-engage with the community. Through a committed exercise routine my test results were excellent and within 6 months, my medications were dramatically reduced. The more I exercised the better I was. I believe that becoming fit and healthy through regular exercise and nutritious eating has ultimately saved my life."

- Linda Petrovski, kidney recipient



"Through exercise and competing in the Transplant Games, I learnt what was possible once you believed in your potential, and the true value lies beyond breaking records, but helping those beside me to realise what can be achieved if they believed too."

- Monty Summers, bone marrow recipient



"Leading up to the day I went on the transplant waiting list, my bike would sit in the corner of my room where I could see it. As I lay in bed, I would say to myself that one day I will be back on my bike."

- Peter Champion, liver recipient

"A 48-year-old mother of 3 beautiful girls, grateful recipient of organ donation, chairman of an international company – life is busy and I love it! Four months post-transplant, I participated in the Melbourne Transplant Games 3km fun run with my new liver and walking frame, supported by friends and family. I walked daily, a little further every day. In December 2014, I walked 3km for the first time unaided. A huge thrill and personal achievement. It was great to be back in normal life again."

- Jennifer Dicker, liver recipient



Fit for Life! is just one of the many programs presented by the World Transplant Games Federation and Transplant Australia to help get 'more transplant recipients, more active, more often'. You can find out more by visiting wtgf.org or transplant.org.au.

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make the most of life.