

The graphic features a vibrant orange background with a curved bottom edge. It is densely populated with white icons representing various sports and fitness activities, including running, jumping, cycling, swimming, and playing different types of balls (soccer, basketball, volleyball). The central text 'fit for life!' is written in a large, bold, white sans-serif font, with 'fit' on the top line and 'for life!' on the bottom line.

# fit for life!

**"MORE TRANSPLANT RECIPIENTS, MORE ACTIVE, MORE OFTEN"**

What motivates a transplant recipient to get active following their surgery? Were they always fit and active? Had they longed to get back out running, walking or cycling? Perhaps they recognised that their transplant is a chance to reset the clock and start again?

Whatever the motivation, the World Transplant Games Federation and Transplant Australia are here to support you, as an integral part of your patient's transplant team, to help them get fit and active with the right tools and advice.

A healthy lifestyle is important for everyone, but it's especially important after an organ transplant. Poor lifestyle habits can increase the risk of organ rejection.

We are proud to introduce a new initiative, Fit for Life!, proudly supported by Astellas, designed to help transplant recipients live full and active lives through ongoing physical activity and participation in organised sports.

Fit for Life will build safe social support structures around recipients, motivating them to exercise within their means, starting with simple goals such as walking around the block, and building towards more ambitious outcomes.

#### **What is Fit for Life!**

- The collation & funding of research to make a case for the delivery of consistent and up to date advice
- A website providing advice, tips and programs on physical activity, nutrition, diet and other lifestyle issues
- The appointment of Fit for Life Ambassadors to carry and promote this message worldwide
- Creation of worldwide events for transplant recipients, their families & the professional transplant community to take those first few simple steps and build towards being Fit for Life!

### 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’d like to learn more about Fit for Life! and how it can help you help your patients visit [wtgf.org](http://wtgf.org) or [transplant.org.au](http://transplant.org.au).

#### 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.



#### About Transplant Australia

Transplant Australia is the national community organisation promoting organ and tissue donation and supporting all those touched by transplantation. Its vision is for Australia to lead the world in organ and tissue donation and transplantation – saving lives, improving quality of life and providing much-needed care and support.

**tr**ansplant  
**au**stralia  
make the most of life.