

## **Advances in Basic & Translational Research II**

### **Refit for life**

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Helping transplant recipients strive to regain fitness, re-enter the workplace and live with a transplant is an area of medicine that falls outside traditional care models. Recipients are given back their health but must strive to increase their fitness levels, navigate nutrition or improve their mental well-being.

Refit for Life is a free online Rehabilitation & Wellness program for transplant recipients worldwide. The Toolkit is a practical resource designed to help recipients improve their overall quality of life. The Rehabilitation Program is aimed at those at the start of their fitness journey and includes a Wellness Series tailored for all recipients looking to improve their fitness levels or try something new. Both programs encourage recipients to stay active and motivated by offering guidance and videos on various physical activities, mental well-being, and nutrition.

The Rehabilitation Program includes an Exercise Series of free downloadable exercise programs with guidelines and instructional videos designed to meet the relevant transplant type. It is built on four ability levels, allowing the participant to choose where to start and move through the levels at their own pace. Each exercise is supported by an instructional video showing the correct way and posture for completing the exercise.

The Wellness Series brings a variety of on-demand courses focussed on holistic healing: physical, emotional, and mental well-being. These courses offer 8 – 10 online video classes for all recipients looking to try something new and feel a greater sense of ease and well-being. These courses have been designed by people who understand the journey of a transplant recipient and specialise in treating the body, to help to reduce stress and anxiety, increase productivity, and improve your health and fitness.

We aim to help recipients by making this free resource available to health professionals worldwide.