



# Transplant Wellness Program

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## Happy Fall!

With summer wrapping up, now is a perfect time to ease back into a routine—whether that means getting moving again, setting some new goals, or just finding your rhythm as the seasons change. In this newsletter, we've got some updates, stories and tips to keep you motivated as we head into fall.





# TWP Updates

## Approaching 1 Year of TWP

In November, TWP will celebrate its first birthday! A special thank you to everyone who contributed to building the TWP community we are so lucky to be a part of today.



## Thank you Caregivers!

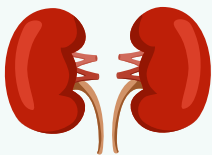
A special thank you to all caregivers of TWP participants who agreed to participate in the interviews we conducted over the summer. This data will be used to better understand the experience of caregivers and provide some insight into potential programs and resources that may be developed in the future.

## Upcoming Wellness Behaviour Change Session

Our next Wellness Behaviour Change Session will take place in September and will focus on self-monitoring. Stay tuned for the date!



## TWP By The Numbers



**43**

participants are kidney patients



**16**

participants are liver patients



**13**

Participants have completed the Transplant Wellness Program!

# Spotlight on Ikhaouwa



Ikhaouwa completed the exercise intervention in June and has been in TWP maintenance ever since. She is currently a hospice worker and is studying nursing. In her free time she enjoys reading romance novels, watching movies, eating good food, and making people smile.

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## What motivated you to join the Transplant Wellness Program?

One of the goals for me was to lose weight and this gave me the opportunity to do exercise, so I grabbed it. It's also cost-effective. I don't have to pay anything to join people and do exercise. I think it's also a bonus for me because I don't have a lot of time but it made me create a schedule and make time for it to join other folks to do exercise. It was kind of a fun thing for me.

## What has your favourite part of the program been?

I like the fact that the exercise is very active. Even if it's indoors, everyone is in the comfort of their own homes and you're able to do it. I like that part. I also like being able to do a little exercise. I call it "little exercise" because I don't see a lot of work being done, but then it was very effective.





## **Have you noticed any changes in your day-to-day life since starting the program?**

Oh my god, there have been a lot of changes. People see me move around like a crazy person right now! I walk around the halls at school now, I have these big earphones in my ears, and I'm just waltzing around the halls and running down the stairs and dancing and shaking my head. I love to listen to music and dance, it's just a way of doing exercise for me. I also take the train and even when there are seats, I stand and I'm just waltzing around the train, dancing and shaking my body. I like to let people know how beautiful life is and they can embrace it how it comes on a daily basis. They don't need to take it so seriously.

## **What advice would you give to someone considering joining the Transplant Wellness Program?**

I would always encourage people. Because sometimes the fear of the disease, being diagnosed, is what kills people more than the disease. Because they're anxious, they're scared, they don't know what to do. But just embrace it and do your best. Follow all the doctor's advice, treat yourself nicely. Because people struggle through life. They don't have the opportunity to travel and see the world and have fun with friends and family and then the next thing they know, they're stunned with this terrible diagnosis and their life has changed. And they're wondering what are they going to do? How are they going to continue? I think the best thing is just to brace yourself and face life squarely and do what you need to do. It is not over until it is over. Never say never. I'm that kind of person, I just encourage everyone. It's not easy, but they have to try. And the program itself, I would definitely encourage people to have the opportunity to join because it's very good. Everybody is so nice, they are kind-hearted, very respectful. I like that. The atmosphere is warm.



# Fall Goal Setting



Fall is a great time to get back into the swing of things and set some goals for yourself! Goals are a great way to give yourself something to work towards, motivate you to stay on track, and provide a measure of how well you are doing. Try out the MOVE framework below and see if you can come up with a goal to motivate yourself this Fall.

## MOTIVATION

What is your **motivation** to engage in this behavior?

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## OPPORTUNITY

What **opportunities** do you have to engage in this behaviour? What barriers do you need to address?

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## VALUE

Which core **values** does this goal relate to?

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## ENHANCE

What aspects of your life would achieving this goal **enhance**?  
(Physically, mentally, emotionally, socially)

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# Recipe Ideas



## Kidney Friendly Spicy Roasted Cauliflower Tacos with Cilantro Lime Crema

Kidney.org is a great resource to find various recipes to support your kidney health. We have highlighted one recipe below, but for other recipes, check out their website!

### Ingredients

- 1 head cauliflower, cut into florets
- 2 tablespoons olive oil
- 1 tablespoon taco seasoning
- 1 teaspoon smoked paprika
- 1/2 teaspoon chili powder
- 8 corn tortillas
- \*Cilantro Lime Crema:
  - 1/2 cup plain, unsweetened, vegan yogurt
  - 2 teaspoons chopped fresh cilantro
  - 1 tablespoon lime juice
  - 1 teaspoon of lime zest
  - 1/4 teaspoon garlic powder



### Directions

Prep: 30 min, Cook: 35 min, Total: 1 hr 5 min

Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.

In a large bowl, toss cauliflower florets with olive oil, taco seasoning, paprika, and chili powder.

Toss cauliflower florets with spices

Spread the cauliflower florets on the prepared baking sheet in a single layer.

Roast for 25 – 35 minutes, or until tender and browned.

While the cauliflower roasts, prepare the cilantro lime crema. In a blender or food processor, combine yogurt, cilantro, lime juice, lime zest, and garlic powder. Blend until smooth and creamy.

Warm the tortillas according to package instructions.

To assemble the tacos, spoon roasted cauliflower onto warmed tortillas.

Recipe credit: <https://www.kidney.org/nutrition/recipes/chef-duane-spicy-roasted-cauliflower-tacos-cilantro-lime-crema>

# Liver Friendly

## Beet Pistachio Rigatoni

Liver.ca is a great resource to find various recipes to support your liver health. We have highlighted one recipe below, but for other recipes, check out their website!

### Ingredients

- 3 large sized beets washed, peeled and quartered
- 6 tbsp goat cheese
- 1 clove garlic
- 2 tbsp olive oil
- 2 tbsp pistachios toasted and chopped
- fresh mint leaves for garnish
- kosher salt (optional)
- 1/4 tsp cayenne pepper
- 1/2 tsp Italian seasoning
- 1 lb rigatoni

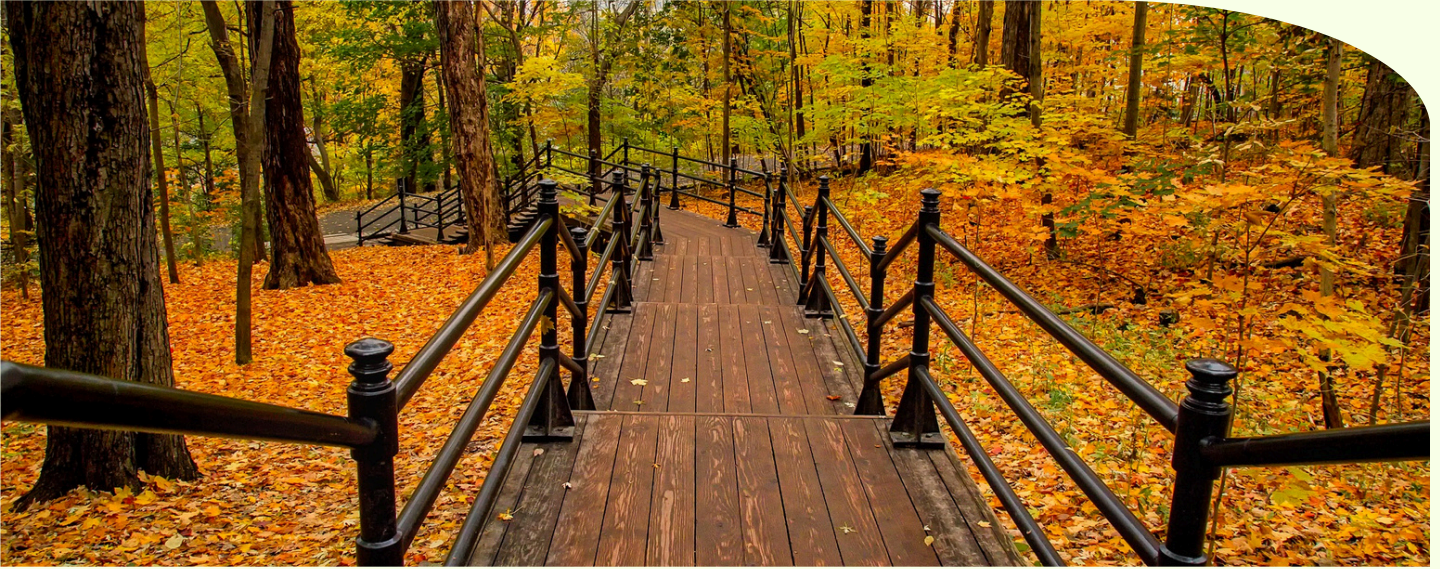


### Instructions

- (1) Preheat oven to 400.
- (2) Place beets in foil on a cookie sheet or in a baking dish, toss with a tbsp of olive oil, salt and pepper and bake for 35 minutes. Remove from the oven and allow them to cool.
- (3) Bring a pot of water to a boil and add in a tsp of olive oil. This helps the pasta to not stick during cooking. Drain the pasta once cooked and save some of the pasta water for later.
- (4) Combine cooked beets, 4 tbsp goat cheese, clove of garlic, 1 tbsp olive oil, 1 tbsp of pistachios, 1 tbsp pasta water, a pinch of salt and a pinch of cayenne in a blender. Blend until smooth.
- (5) Add the blended sauce in with the pasta in a large serving dish. Add some of the reserved pasta water if needed to thin out the sauce.
- (6) Plate and top with your choice of more goat cheese, chopped toasted pistachios, pepper, and/or fresh mint.



# Tips to Keep Moving This Fall



## **Move More**

Focus on doing what you can - start low and progress slow over time. Make physical activity part of your daily routine. Small bouts of physical activity throughout the day adds up – think about ‘movement minutes’ or ‘exercise snacks’ as part of getting in some minutes daily. Even 5 minutes counts.

## **Make it fun!**

Exercise does not have to be unpleasant and something you dread - it's much easier to stay physically active if you find activities that you enjoy. There are many options out there, so try something new, involve a friend, put on your favourite music, and look for other ways to make being active something you look forward to.

## **Celebrate your success**

Notice the good feelings that exercise gives you. This type of internal reward can help you make a long-term commitment to regular exercise. External rewards can help too. When you reach an important milestone or goal, reward yourself with something you value - it could be time for yourself, a visit with a friend, or a small treat.



# Tracking Physical Activity

Tracking your physical activity is a great way to keep yourself motivated and see how you progress! You will find an example of one of our physical activity trackers below which you can try out. If you find it helpful, you can find more copies under the Participant Resources tab of our website.

Date	Exercise Type	Duration	Intensity	Any negative side effects?	What benefits did you find?



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