



Transplant Wellness Program

In this newsletter, we've got updates, stories, and tips to keep you energized and mindful as we head into the winter months.

The TWP team wishes you a restful and healthy holiday season!





TWP UPDATES

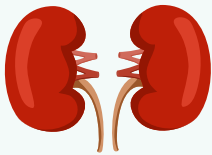
Reflecting on the Past Year

2024 was an exciting year for the Transplant Wellness Program. We delivered our first exercise class in January 2024, with one participant. As of December, we have 20 active participants in our classes. We are thrilled to have recently welcomed back some participants who joined the TWP pre-transplant, recovered, and are now continuing with their wellness journey in our classes again! We are grateful to all of our participants for your participation in the TWP sessions. The program would not be what it is without you!

We are excited to continue to grow the program in 2025. As the year wraps up, we encourage you to reflect on how you have been able to prioritize your wellness, and celebrate your success. We look forward to continuing on this wellness journey with you in the new year!

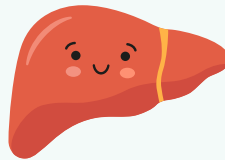


TWP By The Numbers



47

participants are kidney patients



18

participants are liver patients



21

Participants have completed the Transplant Wellness Program!

Spotlight on Kirk

Kirk completed the exercise intervention in March 2024.



What motivated you to join the Transplant Wellness Program?

My motivation to join the TWP was to get back to playing slo-pitch in the summer.

What has your favourite part of the program been?

My favorite part of the program was doing the exercises, feeling my body getting stronger each week, and being able to do more around the house.

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

I noticed a big change in my day-to-day activities, I was able to return to work after joining the program. I was also able to start playing slo-pitch again, not at the same capacity as before but able to play at a limited capacity.

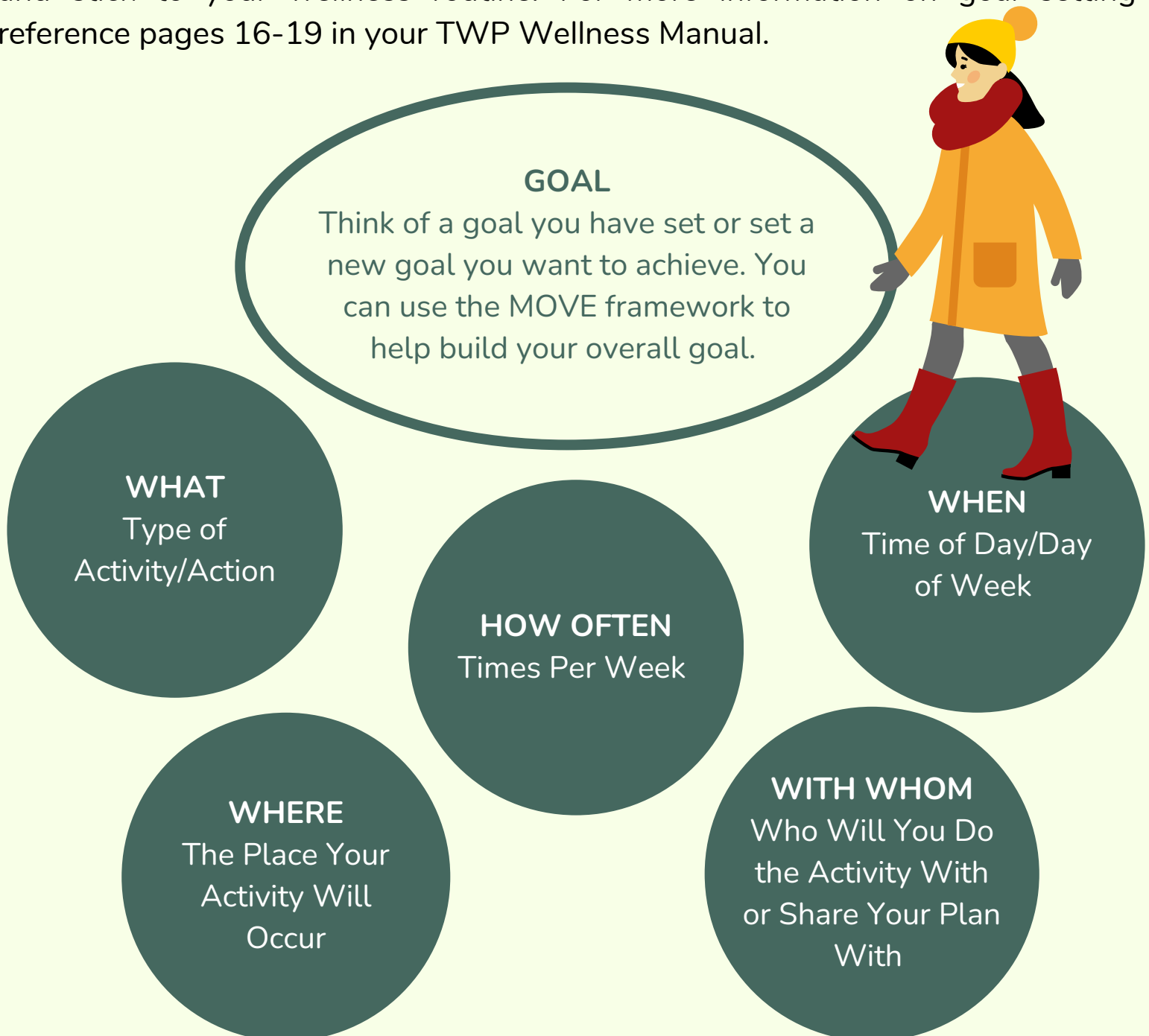
What advice would you give to someone considering joining the Transplant Wellness Program?

The advice I would give to anyone considering joining the program is just to do it, your body and your mind will thank you for it. Joining the program gave me a sense of purpose and gave me something to look forward to each exercise day. Doing the exercise over Zoom was awesome because I didn't have to leave my house to get some exercise in and having an instructor was a big motivation for me.

Move More Mentality

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. In the TWP, we often mention **MOVE goals**, which identifies your motivation, opportunity, core value, and benefits of the goal.

With the change of seasons and weather, routines that help you reach your goals may be disrupted. Having a specific plan can help you to determine how you will work towards your goals. Try the steps below to help you make a plan and stick to your wellness routine. For more information on goal setting reference pages 16-19 in your TWP Wellness Manual.



Move More Example

GOAL

E.g., I want to improve my balance

WHAT

E.g., I will practice two balance specific exercises from the TWP manual

WHEN

E.g., While my water boils for my tea in the mornings

HOW OFTEN

E.g., 3x/week on Monday, Wednesday and Fridays

WHERE

E.g., In my kitchen by the counter so I have something to hold on to

WITH WHOM

E.g., I'll tell my kids and encourage them to do it with me



Now Your Turn! Give It A Try!



Recipe Ideas



Kidney Friendly Minestrone Soup

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

- 14-ounce Diced Tomatoes, No Salt Added
- 1½ cup elbow shaped Macaroni, dry
- 4 cup Chicken Broth, Low Fat, Low Sodium
- 1 tsp, ground Black Pepper
- 1 tsp, leaves Oregano - Dried
- 1 tsp, leaves Basil - Dried
- ½ cup, chopped Zucchini
- 1 large Carrots
- 2 large Celery stalk
- 2 cloves Garlic
- ½ large Onion
- 2 tablespoon Olive Oil
- 1 can Green Snap Beans, no salt added



Directions

Prep: **15 min**, Cook: **30 min**, Total: **45 min** - **Serves: 9**

1. Dice Onion, garlic, and zucchini. Shred the carrot. Rinse the canned green beans or use 1 ½ cups fresh beans cut into ½ inch pieces.
2. Heat olive oil in a large pot or Dutch oven on medium heat. Add onions and cook 2-3 minutes until translucent.
3. Add garlic, celery, carrot, and zucchini. (add green beans if using fresh). Cook about 5 minutes until the vegetables soften.
4. Add canned green beans, basil, oregano, and black pepper.
5. Add 1 can diced no salt tomatoes and chicken broth.
6. Bring to a boil then reduce to simmer. Simmer for 10 minutes.
7. Add pasta and cook for 8-10 minutes or according to package directions.
8. Garnish with a sprig of fresh basil. Ladle into a bowl and enjoy!

Recipe credit: <https://www.kidney.org/nutrition/recipes/minestrone-soup>



Recipe Ideas



Liver Friendly Healthy Moon Chili

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:

- 1 lb lean ground beef
- 1 lb ground pork
- 2 stalks chopped celery
- 1 small package frozen mixed vegetables
- corn niblets (optional)
- 1 can no salt added red kidney beans, undrained
- 1 can no salt added white kidney beans, undrained
- 1 can no salt added seasoned stewed tomatoes, undrained
- 1 can no salt added seasoned chilli stewed tomatoes, undrained (if unavailable, you can use Italian tomatoes and add chilli powder)
- 1 package no sodium Mrs. Dash chilli seasoning

Directions:

In a Dutch oven or large pot on the stove, sauté onion, ground beef and pork together until cooked.

Add celery, vegetables and pepper to taste. Add kidney beans (do not drain). Simmer until celery is still crunchy. Add tomatoes and Mrs. Dash. Do not overcook.

Recipe credit: <https://www.liver.ca/blog/recipe-healthy-moon-chili/>

Winter Wellness Tips



Connecting With Others:

This can lift your spirits and chase away winter blues. Have a laugh, a heart to heart chat, or maybe meet up to enjoy each others company. Social moments can spark joy and improve our mood on a chilly winter day!

Exercise regularly:

As a natural mood booster, exercise releases endorphins that help us feel less stressed and anxious. Staying active in colder months helps us sleep better, gives us more energy and is a healthy outlet for managing seasonal challenges. Maybe even bundle up and get outside for some fresh air!

Maintain a good sleep schedule:

The colder and shorter days may tempt us to sleep too much or not enough. Continuing to go to bed and wake up at the same time will encourage your body and mind to recharge.

Practice gratitude:

Practicing gratitude daily will improve the relationship you have with others and most importantly yourself. Connect with your thoughts and feelings and pay attention to the present moment. Extend this gratitude to others by sharing with friends and family members how much you value them.

TWP Participant Testimonials



Click the link to watch the video: https://youtu.be/9AilRnn9Qjg_

Click [here](#) or scan the QR code below to visit our website for more information and resources:



HAPPY
HOLIDAYS

from



Transplant Wellness