



Physical Activity Coalition of Manitoba

## PACM News

**MPAAP Evaluation** - PACM is continuing with evaluation of the Manitoba Physical Activity Action Plan (MPAAP) started in 2016. To obtain input from PACM members and stakeholders an online survey will be sent out shortly. We encourage everyone to provide their feedback to assist us in reviewing the plan and looking to the future. For more information on MPAAP click [here](#).

**Webinar Series** - To help support the provision of services during the pandemic, PACM will be providing a series of free webinars during the coming months. Each webinar will occur over the lunch hour and include two topics. The next webinar is as follows:

**Tuesday, April 13, 2021**

12 noon - 12:30 PM

***Succeeding at Stay-At-Home Physical Health Education*** - explore 50+ Covid-safe and engaging activities to learn through school at home or at school.

Presenter: John Byl

12:30 - 1:00 PM

***Effective Training with No Equipment*** - how to make the most out of your home workouts despite having no fitness equipment.

Presenter: Jethro Bartelings

To register click [here](#).

The Feb. 23rd webinar on *Moving Your Fitness Programs Online* presented by Jan Keryluk and *Connecting with Your Clients During the Pandemic* was recorded and is available [here](#).

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**Research Day 2021** University of Manitoba, Faculty of Kinesiology and Recreation Management **May 5 2021** Click [here](#) for details.

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### **Why getting active is key for women's overall health & wellbeing**

A ParticipACTION Blog post discusses the health benefits for women engaging in physical activity. Click [here](#) to access.

### **Six Things to Know about Supporting Women in Physical Activity & Sport**

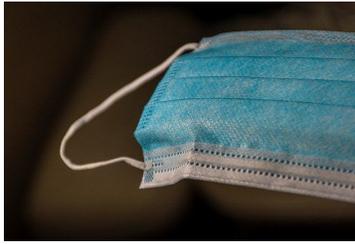
This Blog post shares key gendered differences identified through several ParticipACTION physical activity initiatives. Click [here](#) to access.

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### **Sport Relief Fund - Jumpstart**

The fund was established in response to the significant impact COVID-19 has had on community sports and recreation. Recently the fund got an injection of \$12 million from Canadian Tire Corporation which will allow it to continue to provide supports for access to sport and recreation. Click [here](#) to learn more.



### **Do Masks Affect Exercise**

This brief Blog post from U of M discusses the impact of masks on exercise. With the reopening of gyms and classes this is certain to be a question staff and leaders will be getting. Click [here](#) to access.

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### **A Guide for a Community-Based COVID-19 Recovery**

Developed by Tamarack to assist communities in working together to recover from the pandemic. Includes some of the best ideas for community development, examples for successful initiatives and additional helpful resources. Click [here](#) to access.

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### **Five Recommendations to Authentically Engage Newcomers in Sport**

This SIRC article identifies some key considerations in order to reduce the barriers to sport participation for newcomers. A shout out to the Winnipeg Newcomer Sport Academy. Click [here](#) to access.



Webinar: **Physical Activity Policy and Surveillance – The Relevance of a Sustained National and Provincial/ Territorial Monitoring System** Thursday, March 25, 1:30 – 2:30 p.m. Canadian Fitness and Lifestyle Research Institute (CFLRI) Presented by Dr. Adrian Bauman. Click [here](#) to register. Free.

Webinar: **Succeeding at Stay-At-Home Physical Health Education & Effective Training with No Equipment** Tues. April 13, 2021 12 noon - 1pm. See PACM News above for details or click [here](#).



### Understanding and addressing inequalities in physical activity

This resource came out of a study in England designed to understand levels and inequalities in physical activity; identify enablers, barriers, and opportunities for increasing physical activity; recognise evidence-based interventions and how to mitigate the risk of interventions exacerbating inequalities; and build on this knowledge through engagement with local frontline practitioners. Click [here](#) to access.

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If you have any news, events and/or resources you would like to share, please forward them via email to PACM at [pacm.mb@gmail.com](mailto:pacm.mb@gmail.com)

This message was sent to you by Physical Activity Coalition of Manitoba

PACM Mission: The Physical Activity Coalition of Manitoba (PACM) mission is to support increased physical activity among Manitobans through collaboration, promotion and education.

PACM host organization is the Manitoba Fitness Council. PACM is supported by Manitoba Health, Seniors and Active Living

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