



Physical Activity Coalition of Manitoba

PACM News

PACM Annual General Meeting

Please plan to join us for the Annual General meeting to be held on Thursday, **May 26th** at 10:00 am. A decision will be made shortly regarding whether this will be in person or on-line. More information will be shared shortly.

PACM Host Organization Requests for Expression of Interest

PACM is seeking Expression of Interest to be the PACM Host Organization. Detailed information has been sent directly to eligible member organizations for consideration. We are asking for responses by **April 23, 2022**. If your organization is interested and has not received information please feel free to contact us at pacm.mb@gmail.com

Nominations for PACM Executive Positions

PACM has three at-large Executive positions (two year terms) to fill at the 2022 AGM. All members in good standing are eligible to put their names forward for the positions. Note: Associate members would not have voting rights. The Executive meets 6 to 8 times per year and Executive members support PACM initiatives and committee work. Please contact us at pacm.mb@gmail.com with questions or to express interest in the positions.

Recreation Manitoba Program Partnership

PACM has entered into a program partnership with Recreation Manitoba for their provincial conference taking place May 5 & 6, 2022 in Winnipeg. As a result PACM Coalition and Network members are provided the opportunity to attend one of three conference sessions at no charge. For information on the sessions and



Bike Everywhere Month - May 1 - 31, 2022 Coordinated by Green Action Centre Promoting cycling for schools and families. Prizes available when registered. Click [here](#) for details.

University of Manitoba, Centre on Aging Research Symposium - May 2 - 3, 2022 - a virtual symposium addressing various aging related issues. Click [here](#) for details.

Recreation Manitoba Annual Provincial Conference - a hybrid conference will be offered in 2022. The in person portion taking part **May 5 & 6th, 2022 (New Dates)**. Click [here](#) for details and registration.

University of Manitoba, Kinesiology & Recreation Management Research Day - May 11, 2022 A showcase of health, leisure and human performance research. Click [here](#) for details.

New Date - 2022 Sport for Life Canadian Summit on May 11 & 12, 2022. The event will combine a simultaneous, multi-city event with in person sessions along with virtual sessions. More details to come.

PACM Annual General Meeting - May 26, 2022 10:00 am. More details to come.



The impact of COVID-19 on physical activity and physical literacy

The authors, including Dr. Dean Kriellars discuss the impact of the pandemic and considerations for restoring physical activity levels for children post-pandemic. Click [here](#) to access.



Moving Women Forward: A guide to becoming physically active after childbirth

This blog post from SIRC discusses the benefits of physical activity in the postpartum period and highlights the need for further support in returning to physical activity after childbirth. It also provides an evidence-informed, step-by-step postpartum guide to returning to physical activity. Click [here](#) to access.



Stronger My Way



Webinar: Rules of Workout Design Insta-Influencers Forget
Tuesday, **April 19, 2022** 7:00 - 8:30 pm. Presented by MFC. Join Dr. Erin Nitschke in this important conversation and discover why your work is valid and why the insta-influencer is the real imposter. Registration fees apply. Click [here](#) for details

Physical Literacy 5.0 - workshop hosted by the Manitoba Physical Education Supervisors Association and presented by Dr. Dean Kriellars. Available on 3 dates:
April 21 - 12:30 - 3:30 pm
April 22 - 12:30 - 3:30 pm
April 28 - 1:00 - 4:00 pm
Click [here](#) for details.



Global recommendations released to reduce sedentary time at school

An international report with



The Impact of Physical Activity on your State of Mind

ASICS Mind Race – a first-of-its-kind study which revealed that not exercising for a week has the same negative impact on our state of mind as seven nights of broken sleep. Extending this research with the ASICS Uplifting Minds Study also revealed that just 15 minutes and 9 seconds of exercise is enough to boost our mental wellbeing. This global study sampled thousands of participants from across the globe during an 8 month period. Click [here](#) to read more.

From the British Chartered Society of Physiotherapy this campaign provides resources to assist both individuals and practitioners on strengthening activities to improve their quality of life. Click [here](#) to access.



Play and Physical Activity in the Third Wave: Emotions and Healthy Growth

This report from Maximum City summarizes data on children and youth’s play, physical activity, emotions and healthy growth during the third wave of the pandemic in Ontario, in the spring and early summer of 2021. The results highlight the role of outdoor play and physical activity in maintaining emotional wellbeing and healthy growth during this challenging time. Access the report [here](#).

recommendations designed to counteract school-related sedentary behaviour in children and youth, exacerbated by COVID-19 pandemic restrictions, has been released by the Sedentary Behaviour Research Network (SBRN), in partnership with the University of Prince Edward Island and the CHEO Research Institute. Click [here](#) for more information.



Sleep behaviours among Canadian adults

This study of findings from the 2020 Canadian Community Health Survey healthy living rapid response module provides an update on the sleep behaviours (duration, quality, work and free day variability, and timing) of Canadian adults and how they align with recommendations from the 24-Hour Movement Guidelines. It also examines the proportion of adults meeting sleep duration recommendations based on sociodemographic characteristics, sleep behaviours, physical activity and screen time. Click [here](#) to access.

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

This message was sent to you by {Organization_Name}

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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