



Physical Activity Coalition of Manitoba



PACM wishes you all a safe and active holiday season!

PACM News

PACM Membership Meeting Minutes

The minutes from the membership meeting on **Thursday, Nov. 25th** are now posted on the PACM website. Click [here](#) to access.

As part of the the meeting, a presentation on a local study on the *Association of Membership at a Medical Fitness Facility With Adverse Health Outcomes* was presented by Ranveer Brar, Biostatistician at the Chronic Disease Innovation

was presented by Ranveer Drai, Biostatistician at the Chronic Disease Innovation Center; and Sue Boreskie, CEO of Reh-Fit Centre. A recording of the presentation can be accessed [here](#).

PACM Memberships 2021-2022

Thanks to everyone that has renewed or purchased a new membership in PACM for 2021-2022.

We would encourage those with outstanding renewals to update your memberships to keep them current.

In addition we encourage our non-member stakeholders to consider becoming a member of PACM as a way to support the work of PACM. More information on membership benefits and categories can be found [here](#) on the PACM website.

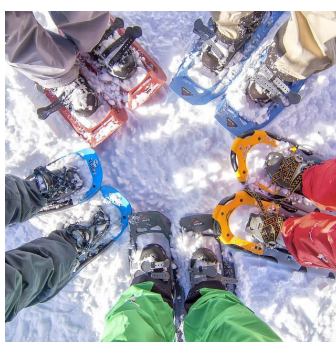
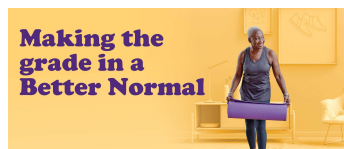
Please join us in the *Community of Champions for Physical Activity*.



Jack Frost Challenge - Feb. 13 - 19 2021 Presented by Green Action Centre. Get a team together to enjoy winter activities and the chance to win great prizes. Click [here](#) for details.

2022 Sport for Life Canadian Summit on March 1-2, 2022. The event will combine a simultaneous, multi-city event with in person sessions along with virtual sessions. More details to come.

Recreation Manitoba Annual Provincial Conference - a hybrid conference will be offered in 2022. Virtual presentations will take place **March 3rd, 2022** from 9am to 1pm with the in person portion taking part **March 9th to 11th, 2022**. More info will be available shortly.



Active Toy Guide

Outdoor Play Canada has released the Active Toy Guide full of gift ideas and information to keep kids active through the year. Check it out [here](#).



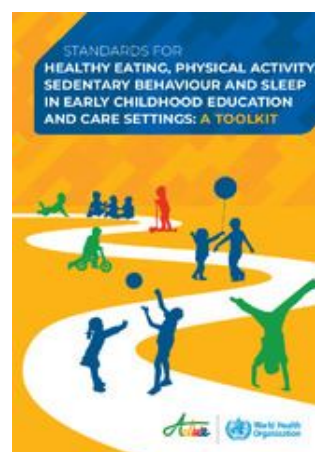
Exercising in Extreme Cold

We know that colder weather will soon be upon us. A major new review of research on sport in cold environments, published in the International Journal of Environmental Research and Public Health by a team of researchers from Italy, Austria, and Canada, provides some considerations for outdoor physical activity when the temperatures plummet. Click [here](#) to access the highlights.



Anti-Racism in Sport Video

The Anti-Racism in Sport Campaign seeks to increase, promote, and engage in discussions on anti-racism in sport about the presence of all levels of racism in sport in Winnipeg. The campaign's new video features a variety of Winnipeg athletes and sport stakeholders sharing their experiences with racism and their recommendations for how to take anti-racism actions in sport. Click [here](#) to access.



Standards for healthy eating, physical activity,



ParticipACTION Adult Report Card

Did you know that less than half of adults in Canada are meeting national physical activity guidelines? Time to move more for improved physical and mental health! The new report card provides a current view of the physical activity of Canadian adults. Click [here](#) to access.

To celebrate their 50th anniversary, ParticipACTION reached out to some of Canada's leading physical activity researchers and influencers to ask a simple question: **What is the one thing you wish everyone living in Canada would know about getting active?** Click [here](#) to see what they had to say.



It's safer for people with long term conditions to be physically active

The benefits of physical activity for people living with long term conditions are well established. However, the fear of increasing symptoms or worsening long term problems commonly stops people from moving more. Many healthcare professionals also feel unsure about what advice they should give to people living with symptomatic medical conditions. To help address concerns around risk, a consensus statement was developed by British health groups to help understand what safety advice healthcare professionals should give to people in clinical practice. Click [here](#) to access the statement and related resources.



Canadian Academy of Sport and Exercise Medicine Consensus Statement on Physical Activity Prescription

The purpose of this position statement is to provide an evidence-based, best practices summary to better equip Sport Exercise Medicine and primary care physicians to prescribe physical activity and exercise, specifically for the prevention and management of non-communicable disease. To access article click [here](#).



Community Better Challenge 2022

ParticipACTION Community Better Challenge will take place from **June 1-30, 2022**. Organizations can apply for grants between Jan 17 and Feb 21 to help put on great physical activity events during the challenge. Grant guidelines and specifications will be coming soon. Join the webinar on how to make a great application **January 13th, 2021 12 Noon**. Click [here](#) to register for the webinar.

sedentary behaviour and sleep in early childhood education and care settings: a toolkit

These global standards will support early child education and care providers in providing healthy foods and beverages and ensuring young children are sufficiently physically active, avoid excess sedentary time and get enough sleep whilst attending childcare and education facilities. Click [here](#) to access.



Taking it easy as you get older? Wrong.

A new study lays out evolutionary and biomedical evidence showing that humans, who evolved to live many decades after they stopped reproducing, also evolved to be relatively active in their later years. 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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