



Physical Activity Coalition of Manitoba

## PACM News

### PACM Winter Membership Meeting

As the pandemic continues, PACM will be considering how best to hold the Winter membership meeting tentatively proposed for early March. We have talked about trying to get back to an in person meeting, but will monitor the pandemic related recommendations and restrictions in deciding how to go forward. More information will be coming.



**Anti Racism in Sport Campaign Diversity and Inclusion in Sport Conference January 22 and February 5, 2022.** This virtual conference will examine the perspectives, experiences and barriers that historically excluded



### Testing ways to encourage exercise

A large nationwide study in the US identified inexpensive interventions that boosted weekly gym visits by up to 27%. The results point to affordable strategies to help increase the amount of exercise Americans get on a regular basis. The



### Addressing Racism & Discrimination in Sport

**January 26th, 2022 7 - 10 pm.**

This is a facilitated online discussion provided by Volleyball Manitoba on how to identify, address & eliminate racism & discrimination in sport. Click [here](#) to register.

barriers that historically excluded groups experience in sport as well as some of the ways organizations can make sport more inclusive. Click [here](#) for more details and registration.

**Jack Frost Challenge - Feb. 13 - 19 2022** 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 PHE Virtual National Conference February 17-18, 2022** Covering priority topics such as mental health and well-being, inclusive PHE, quality physical education, outdoor education, substance use, assessment, and more! Click [here](#) for more information and registration.

**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.** Click [here](#) for details and registration.



**Research-based tips for adopting and sticking to new healthy lifestyle behaviours**

The new year is often the time that individuals decide to make changes to improve their

National Institutes of Health article can be accessed [here](#).



**Adults over 50 saw physical decline even with mild cases of COVID-19: study**

Even a mild case of COVID-19 can result in higher odds of decreased mobility and physical function for adults aged 50 years and older, according to a new national study of more than 24,000 older Canadians. The CTV news article looks at factors that impact physical activity during the pandemic and longer term implications. Click [here](#) to access.



**Research shows myriad benefits of exercise ... so why don't we move more?**

A research study showing benefits to physical exercise is not exactly a shocking discovery. We all know exercise is good for us. But work in the field has helped establish how exercise is not only good for our bodies, but also our brains: exercise can improve memory and cognition, and even help ward off dementia and ease depression. So why do so many struggle to get moving? It's partly due to the challenges of conducting exercise research and

**Webinar: Supportive Outdoor Spaces and Places for Physical Activity, Recreation and Community Sport Thursday, January 27, 2022** 11:00 am – 12:30 p.m. Provided by the Canadian Parks and Rec Recreation Association as part of the Reimagine RREC Workshop series. Covering two topics - *Adaptive Planning and Leadership* in light of the ongoing challenges of COVID-19 and continually changing circumstances across the country and *Supportive Outdoor Spaces and Places* that will feature a panel to discuss the value of welcoming neighbourhoods, outdoor play and unstructured recreation and the impact of climate on accessing outdoor spaces. Click [here](#) for more information and registration.

**Webinar - Teaching and learning Indigenous history while on a run: A senior's perspective. January 27, 2022.** 2:30 - 3:30 pm Provided by U of M Centre on Aging Speaker Series. Presenter - Dr. Brian Rice. The presentation will "take you on my life journey from heavy smoker and drinker in my teens and early twenties, incapable of walking a couple of miles, to being stronger and fit in my sixties than in my twenties". Click [here](#) to register.

**Webinar Series: Gender Equity in Recreational Sport** - provided by the Canadian Parks and Recreation Association. Three workshops will be offered: *Creating a Strong Culture and Shared Commitment* Friday, **January 28, 2022** 11:00 A.M. – 2:00 P.M. *Understanding How Facility Design Can Attract and Encourage Use by Girls, Women and Gender-Diverse Individuals* Monday, **February 7, 2022** 11:00 A.M. – 2:00 P.M. *Optimizing Facility Use – Evaluating Outcomes Using the Best Questions and Data* Wednesday, **February 23, 2022** 11:00 A.M. – 2:00 P.M.

lifestyles and ultimately get healthier. Not all approaches to doing this work however and the good intentions can get lost. This article reflects research that looks at factors that impact sticking to health goals over the long term. Click [here](#) to access.

conducting exercise research and partly due to human evolution. Click [here](#) to read more.

Click [here](#) for details and registration.

**Webinar - Technology: The New Frontier in Recreation and Community Sport February 17, 2022 11:00 am – 12:30 p.m.**

Provided by the Canadian Parks and Recreation Association. Part of the ReImagine RREC Workshop series. Will cover implications for programming for both indoor and outdoor spaces. Check [cpra.ca](http://cpra.ca) for registration details.

**Webinar archive - International Society for Physical Activity and Health (ISPAH)** regularly hosts webinars on key issues related to physical activity and health. The free archive of recorded webinars can be accessed [here](#).



**Pedal Poll/Sondo Vélo 2021: A Community Science Project on Who Cycles in Canada**

Pedal Poll/Sondo Vélo 2021, a community campaign to conduct the first-ever national cycling count, collecting gender, age, and race on who is cycling, where, in Canada. Over 1,000 volunteers collected data between June 1-6, 2021. Based on 79,735 people counted, the highest cycling volumes were at sites in Vancouver and Toronto and along bike paths and cycle tracks. There were twice as many men as women with marked variability within cities. About four in five people cycling were adults, and cyclists were disproportionately white. Click [here](#) to access the report.



**The ParticipACTION Community Better Challenge** is a national physical activity initiative that encourages Canadians to get active in search of Canada's Most Active Community. It is open to everyone and all minutes tracked on the app and website from June 1 – 30 count toward a community's total score. Organizations can apply for grants and event toolkits between **January 17 and February 21** to help put on great physical activity events during the challenge. Click [here](#) for more details on the Challenge and the grants.

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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)

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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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