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Physical Activity Coalition of Manitoba

## PACM News

As indicated in the December newsletter, a general membership meeting to discuss the focus of PACM is being planned. Details on the meeting will be provided as soon as possible.

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**Exploring Manitoba's Winter Wilderness: Hiking Tips and Trails Jan. 24 2023** 7 - 8:30 pm - presented by Jaime Manness, Hike Manitoba. Provided by the Friends of the Living Prairie Museum. Zoom presentation. Registration is free and available [here](#).

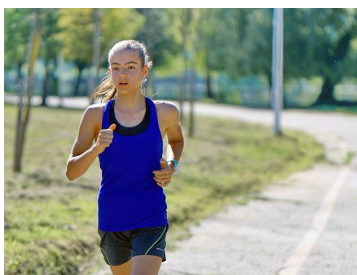
**Jack Frost Challenge - Feb 5 - 11, 2023** Green Action Centre invites you to get a team together to do some outdoor activities with a chance at prizes. Click [here](#) for details.

**Winter Cities Conference - Feb 15 - 17, 2023** Winnipeg. The conference will bring together urban planners and designers, entrepreneurs and business people, artists, cultural and community organizers, and people who live in winter cities and want to take advantage of everything winter has to offer. Click [here](#) for details.

**PACM General Membership Meeting - February 2023.** Date to be determined. More information to come.

**Sport For Life Summit - February to March 2023.** The 2023 Sport for Life Summit is a simultaneous, multi-community event featuring both live, local content and virtual content that will be shared to, and connect, all of the host communities. Click [here](#) for details.

**Recreation Manitoba 27th Annual Provincial Recreation Conference - March 13 - 15, 2023** Winnipeg, Manitoba



**How to mitigate the effects of air pollution during sport and exercise**

The overarching purpose of this position statement by the Canadian Academy of Sport and Exercise Medicine and the Canadian Society for Exercise Physiology is to detail the current state of evidence and provide recommendations on implementing these personal strategies in preventing and mitigating the adverse health and performance effects of air pollution exposure during exercise, while recognizing the limited evidence base. Click [here](#) to access..



**Dancing May be More Beneficial than Walking to Help Save Off Dementia**

This article in Conversation reflects a study that compares the benefits of walking with ballroom dancing for cognitive function and brain health. The results suggest that dancing may bring more benefits. Click [here](#) to access.



**Webinar: Exercise: Powerful Medicine for Health and Aging**

**Jan 18, 2023 6:00 PM.** Join renowned kinesiology researcher, Dr. Stuart Phillips, to learn about how much (or how little) people have to do to improve their odds of living longer, healthier and better lives. Click [here](#) to register.

**Webinar Series 2023 - Health Coaching Series** A series of 5 online workshops running from **Jan. 30 to March 22, 2023.**

Provided by Manitoba Fitness Council and presented by Dr. Erin Nitschke. Learn how to connect with and listen to clients; so you can help them determine their best path forward. Session topics include the science of behaviour change; how to incorporate health coaching in an exercise environment; designing effective coaching sessions; elevating your coaching practice; and rejecting the diet culture. Registration fee applies. Click [here](#) for more information.



**The \$300 Billion Cost of Inactivity**

Almost 500 million people will become seriously ill by 2030 due to physical inactivity. The World Health Organization (WHO) says this avoidable epidemic will cost US\$27 million a year. And it's not just a developed world problem – three quarters of new cases will be in middle-income countries. It



2023, Winnipeg, Manitoba. Preliminary information is available [here](#).



### Building Community for Your Fitness Business

Community, connection and camaraderie are explored as key elements to develop loyalty in clients of a fitness business in this article from IDEA Health & Fitness Association. Various approaches to assist with building the community connection are shared. Click [here](#) to access.

### ParticipACTION Community Challenge 2023 Grants Available until Feb. 1st

There is still time for community organizations to apply for grants of up to \$5,000 for the ParticipACTION Community Challenge 2023, Click [here](#) for details on the Challenge and the grant.

### Move for your Mood Challenge is almost here Jan 16 - 31, 2023

ParticipACTION created the Move for your Mood challenge, taking place Jan. 16 – 31, to encourage and support you to be active during those challenging winter days. Just download or open the ParticipACTION app to join as an individual or part of a team. You might win some prizes, too! A Move for your Mood Action Plan with resources and advice is available [here](#).

can all be prevented if people just take an hour's exercise a day, says WHO. Click [here](#) to access article. .



### Cardiovascular Disease, Mortality, Diet and Exercise

This study from the International Journal of Behavioral Nutrition and Physical Activity assessed the risk of cardiovascular diseases (CVDs) and all-cause mortality in subjects having an only physical activity or a healthy diet or both compared to those having none of these healthy behaviors. Not surprisingly being active and having a healthy diet provided the best results but physical activity was key to prevention. 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](mailto: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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