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## Physical Activity Coalition of Manitoba

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### PACM News

#### Prescription to Get Active Update

In late May PACM representatives met with Minister Guillemard, Mental Health & Community Wellness to discuss the Prescription to Get Active program and potential support for development of the program in Manitoba. Indications were that internal Department discussions would occur to determine potential alignment of the program with existing Department initiatives and programs. Updates on this initiative will be shared as available.

#### PACM Focus Discussions

Over the past few years there have been changes within many of our member and stakeholder organizations that have affected priorities, staffing, and resources and consequently participation and representation to PACM. The PACM Executive has discussed the need for discussions with members and stakeholders on the focus of PACM activities to appropriately reflect the interests and capacity of the coalition. More information will be shared in the fall.



**Webinar: Addressing**



**MFC 2022 Hecla Conference - October 4 & 5, 2022** Hecla Island Conference Centre. Click [here](#) for information.



National Collaborating Centre  
for Indigenous Health

### Indigenous sports and recreation programs and partnerships across Canada: A literature review and environmental scan.

The National Collaborating Centre for Indigenous Health (NCCIH) developed this resource as part of a two-year project related to the *Common Vision for increasing physical activity and reducing sedentary living in Canada: Let's Get Moving* initiative. The resource provides:

- an overview of the landscape of Indigenous physical activity, recreation, and sport organizations from the community and regional levels to the national, provincial, and territorial levels;
- a review of the facilitators of and barriers to participation in physical activity, recreation, and sport in Indigenous populations, with a special focus on Indigenous youth;
- a summary of existing guidelines or best practices for improving participation in physical activity, recreation, and sport among First Nations, Inuit, and Métis peoples;
- a synopsis of gaps in research and programming.

Click [here](#) to access.



### The Benefits and Barriers to Green Exercise

The term "green exercise" describes the relationship between exercising outdoors, exposed to a natural environment, and the additional health benefits achieved from simply being in nature. This blog post from Tree Canada looks at some of the barriers to green exercise and suggests some approaches to minimize them. Click [here](#) to access.



### Frequency of leisure activity engagement and health functioning

Leisure activities have wide-ranging benefits for physical and mental health. This study focusing on middle-aged adults determined that frequency of engagement is associated with strength of benefits and further considers the implications for public health initiatives. Click [here](#) to access.



**PARTICIPACTION**

### ParticipACTION 2021-2022 Impact Report

2021 marked ParticipACTION's 50th anniversary, at a time when the COVID-19 pandemic had taken a toll on the physical and mental health and wellbeing of our nation. Their message became more important than ever: physical activity is a necessity of life and one of the most important things you can do for your overall health and well-

**Disparities in Active Play and Recreation in Rural America: What Works and Learning from Louisiana - July 21, 2022 - 1:00 pm.** Provided by Playcore/CORE. A panel presentation focused on how communities address disparities in active play and recreation in rural America. Click [here](#) for more information and registration.

Recorded Webinar: **Taking Stock of the Calls to Action on Sport and Reconciliation for First Nations, Inuit and Métis peoples** - provided by the National Collaborating Centre for Indigenous Health as part of the *Common Vision for increasing physical activity and reducing sedentary living in Canada: Let's Get Moving* initiative. Click [here](#) to access.

**Sport**  
MANITOBA

### Safe Sport

Sport Manitoba's Safe Sport initiative focuses on ensuring a sport environment where individuals can have a healthy, supportive, and respectful sport experience free from all forms of harassment and abuse. The organization provides a resource page that includes related Awareness, Education and Action tools. Click [here](#) to access.



**The Impact of Physical Activity on Mental Health**  
Outcomes during the

for your overall health and well-being. Click [here](#) to see how ParticipACTION reached Canadians over the past year.

### Outcomes during the COVID-19 Pandemic

This Science Brief from the Ontario Science Table reviews how decreased physical activity during the pandemic has impacted mental health and discusses the need to ensure ongoing access to physical activity opportunities both during and post-pandemic. Click [here](#) to access.

### Live Healthy Manitoba

Doctors Manitoba introduced a new initiative to encourage Manitobans to *Live Healthy* to counteract some of the impacts of the pandemic on healthy behaviours over the past two years. The online resources include topics such as Moving More and Sitting Less; Eating Healthy; Reducing Stress and more. Access the online resources by clicking [here](#).

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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 {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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