



Physical Activity Coalition of Manitoba

PACM News

PACM Annual General Meeting

The PACM Annual General Meeting was held on **May 26, 2022**. Draft minutes of the meeting are available [here](#). These minutes will be presented at the 2023 AGM for ratification.

PACM Executive Positions

PACM had **three** at-large Executive positions (two year terms) to fill at the 2022 AGM. Two of the positions were filled by current Executive members who let their names stand for an additional term - Karin Whalen, Active Aging in Manitoba and Krystle Seymour, PHE Manitoba. We look forward to their continued involvement.

As per the terms of reference the PACM Executive will identify and approach other eligible PACM members about filling the third vacant position. The appointment will be brought forward at a future PACM membership meeting for ratification.

Managing exercise and physical activity in post-covid condition (long covid)

As part of the AGM there was a presentation by Dana Kliewer, Physiotherapist at Deer Lodge Centre on *Managing exercise and physical activity in post-covid condition (long covid)*. A recording of the presentation is available [here](#).





The Community Better Challenge . June 1 – 30, 2022
Presented by ParticipACTION. Time to get your community active - you could win \$100,000 plus the title of Canada's most active. Click [here](#) for details.

2022 55+ Games - Coordinated by Active Aging in Manitoba. Virtual Games take place **June 10 - July 10, 2022**. Click [here](#) for details.



Seniors Outdoor Activation Toolkit

The Seniors' Outdoor Activation Toolkit developed by New Horizons and 8-80 Cities, was developed in response to the Covid pandemic. It provides clear direction for how to bring indoor fitness outdoors in a manner that is safe, comfortable and promotes good health and wellbeing for older adults. Click [here](#) to access.



Surveillance report on falls



Movement for Life!

Movement for Life! is an education program for early childhood caregivers to learn about physical literacy. The program was a partnership between University of Winnipeg, WRHA, Fits Kids Healthy Kids and the City of Winnipeg. Videos were recently released focused the [Importance of physical literacy in the Early Years](#) and the [Role of Adults in developing Physical Literacy](#).



The Power of Physical Literacy

The study, undertaken by MLSE LaunchPad, explores important relationships between physical literacy and physical activity and the implications for youth sport programs. Click [here](#) to access the report.



Impact of Exercise Timing on Outcomes

The ideal exercise time of day (ETOD) remains elusive regarding simultaneous effects on health and performance outcomes, especially in women



World Health Organization

Promoting Physical Activity through Schools

This policy brief from the World Health Organization supports school policy-makers, and planners, and describes how the school environment can be used to develop, implement and evaluate whole-of-school strategies that promote physical activity and reduce sedentary behaviour among children and young people. Click [here](#) to access.



Supporting Our Kids on the Journey to School

This CAA study lays out best practices in school zone policies, design, and programs across Canada, showing who is doing what and giving practical examples of progress. The goal is to empower both policymakers and concerned community members with new facts and ideas that can lead to positive change. Click [here](#) to access.



Building a Plan with Older Manitobans

The Province of Manitoba is seeking input from the public and stakeholders to help inform the

Surveillance report on falls among older adults in Canada

Falls among older adults are a public health concern worldwide. About a third of older adults fall each year. In Canada, falls are the leading cause of injury-related hospitalizations and injury deaths among people aged 65 or older. Injuries from falls reduce older adults' quality of life, increase caregiver demands, and precipitate admissions into long-term care. This Public Health Agency of Canada reports analyses the nature, severity, and burden of falls among people aged 65 or older, and describes changes over time. Click [here](#) to access.

outcomes, especially in women. This study illustrates that ETOD may be important to optimize individual exercise-induced health and performance outcomes in physically active individuals and may be independent of macronutrient intake. Click [here](#) to read.

policy and direction of a future plan for older Manitobans. A survey for both the general public and stakeholders can be accessed [here](#).

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

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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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