



Physical Activity Coalition of Manitoba

PACM News

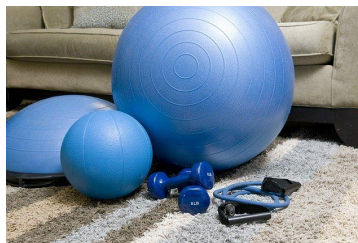
We hope you have had the opportunity to check out the **new PACM website** featuring lots of information and resources along with new functions related to memberships, newsletters and event registrations. Click [here](#) to access.

PACM had temporarily delayed our 2020 - 2021 **PACM membership campaign** in order to take advantage of the new website functions. If you haven't already, you can expect to receive information on either renewing your membership or inviting you to become a member in the next short while.

The **PACM Executive** has appointed two members at large to fill vacancies. Krystle Seymour from PHE Manitoba and Kylo Harris from Sport Manitoba. We will look to confirm these appointments formally at the next PACM membership meeting planned for January 2021.

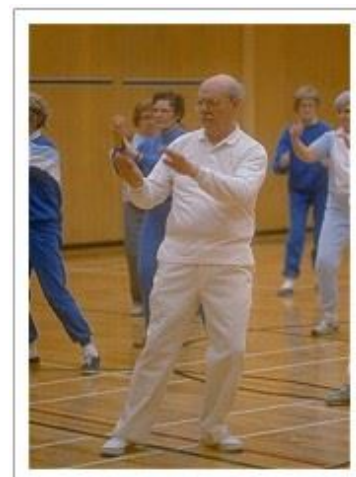


November is **Fall Prevention Month**. Falls are the leading cause of injury-related hospitalizations among Canadian older adults. Fall Prevention



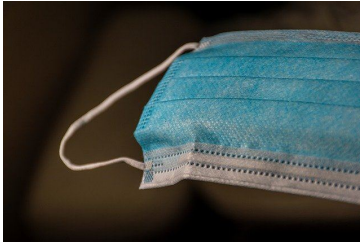
Older adult participation in online exercise classes during the pandemic

The University of Manitoba Centre on Aging surveyed older Manitobans during the summer of 2020 to get their input on online exercise classes. Click [here](#) to see what they had to say.



Older Adults and Physical Literacy Survey Results

Month encourages organizations to coordinate their efforts for a larger impact. Click [here](#) to access resources and information.



Face Masks and Exercise Performance

Wearing face masks is recommended for the prevention of contracting or exposing others to cardiorespiratory infections, such as COVID-19. Controversy exists on whether wearing face masks during vigorous exercise affects performance. Click [here](#) to read the paper on a small study conducted in Saskatchewan.



Understanding physical literacy in the context of health: a rapid scoping review

This paper concludes that despite growing popularity, the empirical evidence base linking physical literacy and health outcomes is limited and the relationship remains theoretical. It posits that physical literacy may present a novel and holistic framework for health-enhancing physical activity interventions that consider factors vital to sustained participation in physical activity across the life course. Click [here](#) to access.



CFLRI Celebrates 40th Anniversary

The Canadian Fitness and Lifestyle Research Institute (CFLRI) is celebrating its 40th anniversary as Canada's unique and preeminent organization. CFLRI has recently launched a brand new website to make it easier for you to get the latest information on physical activity, recreation and sport. that collects, analyzes and shares essential data and information about physical activity, sport and recreation in Canada. Click [here](#) to access website.

Active Aging Canada conducted a survey with older adults and those who work with them regarding physical literacy. Both the report and summary document on the results can be viewed [here](#).



Getting Outdoors in Manitoba This Winter

Hike Manitoba: Winter Edition is your guide to biking, cross-country skiing, snowshoeing, and winter hikes with information on trails across the province. The book is available through the Hike Manitoba website. Click [here](#) for more information.

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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