



Physical Activity Coalition of Manitoba

PACM News

Become a PACM Member Today!

As an organization committed to and invested in improving the quality of life for Manitobans, we invite you to take the next step by becoming a member or renewing your membership to show your support for our efforts to increase physical activity among all Manitobans.

PACM can be most effective when we have the involvement of the leading organizations committed to and investing in improving the quality of life for all Manitobans.

For the 2022-2023 year the work plan includes continued discussions with members on the PACM focus; support of ParticipACTION initiatives; continued communication and knowledge sharing opportunities; and more. Through these efforts we believe that PACM can continue to align our collective efforts and provide a united and strong voice to increase physical activity levels for all Manitobans.

Click [here](#) to get information on membership categories and related benefits and fees.

PACM Fall Forum Cancelled

The PACM Fall Forum originally scheduled for November 10, 2022 was cancelled due to low registration. The intent of the forum was to discuss the ongoing focus for PACM. The PACM Executive will be meeting in the next couple of weeks and further information on next steps will be shared following that discussion.



Recreation Manitoba 27th Annual Provincial Recreation Conference - March 13 - 15, 2023, Winnipeg, Manitoba. Preliminary information is available [here](#).



Vigorous physical activity, incident heart disease, and cancer: how little is enough?

Vigorous physical activity (VPA) is a time-efficient way to achieve recommended physical activity levels. There is a very limited understanding of the minimal and optimal amounts of vigorous physical activity in relation to mortality and disease incidence. However, the findings from this study suggest reduced health risks may be attainable through relatively modest amounts of VPA accrued in short bouts across the week. Click [here](#) to access.



World Health Organization

Global status report on physical activity 2022

This report on physical activity is WHO's first dedicated global assessment of global progress on country implementation of policy recommendations of the Global Action Plan on Physical Activity (GAPPA) 2018-2030. It also presents an estimate of the cost to health systems of not taking action to improve physical activity levels and reinforces the urgency to position physical activity as a shared, whole-of-government priority, and to strengthen coordination and partnerships to promote physical activity. Click [here](#) to access.

Physical activity and sedentary behaviour: a brief to support people living with type 2 diabetes

This World Health Organization brief summarises the recommendations on physical activity and sedentary behaviour for people living with type 2 diabetes. It will support and guide health care professionals and allied workers to promote physical activity as part of the management of their condition, and to improve their physical and mental health and well-being. Click [here](#) to access.



Fostering an Environment for Safe Sport part of the Bison Transport Sport LeadHERship Series **Nov 23rd, 2022 7:00 PM**. In this second online session of the series, the panel will dive into the umbrella of safe sport including looking out for the warning signs, discussion about prevention, creating safe spaces, and making sure everyone feel safe within sport. Presenters include Allison Forsyth, Dene Guillas and Sarah Schwendemann. Click [here](#) for more information and registration.

Webinar: Developing Physical Literacy coming out of COVID-19 Nov 24, 2022 2:00 PM This webinar, presented by Dr. John Cairney, will focus on what has happened since the beginning of COVID-19. Where should we put our focus going forward? Can developing Physical Literacy and increasing Physical Literacy support positive mental health? To register click [here](#).



The Cost of Inaction on Physical Inactivity to Healthcare Systems

This Lancet article says physical inactivity is an important modifiable risk factor for noncommunicable diseases and mental health conditions. They

Fitness industry seeks tax credits to cover cost of gym memberships

The Fitness Industry Council of Canada says a number of recent studies highlighting the cost of physical inactivity on the health-care system support its push for provincial and federal tax credits that would help offset the cost of gym memberships. The Manitoba Fitness Council has taken a lead role in advocating for a Family Fitness Tax Credit in Manitoba. Click [here](#) to see the article.



Active Healthy Kids Global Alliance Global Matrix 4.0

The report by the Active Healthy Kids Global Alliance (AHKGA) compared 57 countries from six continents to assess global levels and trends in child and adolescent physical activity. The report revealed that modern lifestyles – increases in digital screen time, the growing urbanization of communities, and the rise in automation of previously manual tasks – are contributing to a pervasive yet unequally distributed public health problem that must be recognized as a global priority. Click [here](#) for more information.

mental health conditions. They estimate the direct public healthcare costs associated with these diseases due to physical inactivity to be \$520 billion by 2030. This information will help policymakers to prioritise investment in policy actions to promote and enable more people to be more active. Click [here](#) to access.

Participants needed for a study on knowledge mobilization in behavioural sciences to develop and implement public health interventions

Université Laval is conducting a study on the mobilization of behavioural sciences in public health practice. They are actively seeking participants to complete a questionnaire that should take roughly 20 minutes to fill out. This study was approved by the University Research Ethics Committee of Université Laval, Quebec. To participate, you must: Work in the field of public health and be involved in the promotion of healthy lifestyles; & Be involved in the development and implementation of interventions aimed at promoting healthy lifestyles. Click [here](#) for more information and survey link.

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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