



Physical Activity Coalition of Manitoba

PACM News

PACM Membership Meeting

PACM will be holding a virtual membership meeting on **Thursday, Nov. 25th** at 1:30 pm. The meeting will provide an update on PACM activities including the Prescription to Get Active Program. An opportunity for organizations to share information on new initiatives and upcoming events will be part of the meeting. Mark your calendars. Click [here](#) to register.



Take Me Outside Day October 20, 2021 To raise awareness about outdoor learning by encouraging teachers to take their students outside for 1 hour on October 20th. Click [here](#) for details.

MFC AGM - October 27, 2021



Membership at Medical Fitness Facility dramatically improves health

New research from a local 10 year study shows that belonging to a medical fitness facility like Winnipeg's Wellness Institute or Reh-Fit Centre lowers a person's risk of dying by 60 per cent, compared with a similar person who does not attend such a facility. The study was published in the American Journal of



Webinar: Safe Return to Recreation, Physical Activity and Community Sport. October 19, 2021 11:00 – 1:00 p.m. Presented by Canadian Parks and Recreation Association. Will consider facility design, staff and client safety. Click [here](#) for details and registration. Free

Webinar: Warrior Tai Chi Class October 20, 2021 7:00 - 8:00

p.m. Online. Click [here](#) for details and registration.

Sport Canada Research Initiative Conference **The Future of Sport Participation - October 28 - 29, 2021** This free virtual conference is open to everyone. Click [here](#) for details and registration.

PACM General Membership Meeting - November 25, 2021 1:30 - 3:00 p.m. Click [here](#) for information and registration.



Walking to Wellness: Exercise for Physical and Emotional Health

Walking to Wellness, is a resource developed by the Mental Illness Research, Education & Clinical Center in the South Central USA, including a collection of information and activity guides to help you use physical activity to feel better physically and emotionally. Click [here](#) to access.



Active Start

Active Start is a new resource from Active for Life to assist parents to keep their child engaged in active play and help them develop the habits that will keep them moving and active for life. A monthly newsletter will provide activities and tips tailored specifically to the age of your baby or toddler and their progressing movement. Click [here](#) to learn more.

in the American Journal of Preventative Medicine. The attached [infographic](#) provides a summary of the study and link to the published report.



World Health Organization

Fair play: building a strong physical activity system for more active people

The World Health Organization has issued an urgent call to action to rebuild stronger, fairer and more sustainable PA systems that can reach the under-served and increase participation. They have developed an advocacy brief that explains proposed actions and rationale for transformative change to provide inclusive opportunities and equitable access to physical activity in all communities. Click [here](#) to access. Further pa resources from WHO are available [here](#).



Training Physicians on Physical Activity

Physical activity is acknowledged as an important tool to improve individual's health and prevent chronic disease. However, the training of physicians related to prescribing exercise continues to be a barrier. The following articles address this issue from a

p.m. Presented by the Manitoba Fitness Council. Warrior Tai Chi combines Tai Chi and Yoga set to powerful music and designed to quiet the mind and increase flexibility, strength, and balance. Fees apply. Click [here](#) for details and registration.

Webinar: Triangulation Training October 25, 2021 7:00 - 8:30

p.m. Presented by the Manitoba Fitness Council Triangulation means the 'targeted' use of multiple training concepts or methods in the same workout. This session will focus on use of Dbells & Ybells to develop a unique 3 phase workout. Fees apply. Click [here](#) for details and registration.

Webinar: Social media strategy for recreation professionals -

Oct 26, 2021 10 am - 12 noon Sponsored by Recreation Manitoba. Presented by Kelly Thibodeau. Participants will learn Ways to make content more interesting and easier to create; How to join the conversation online; and tips for a more effective, engaging social media presence. Click [here](#) to register. Free.

Workshop: Gender Equity in Recreational Sport – Understanding How Facility Design Can Attract and Encourage Use by Girls, Women and Gender-Diverse Individuals Monday, November 1, 2021 11:00 – 2:00 P.M.

Presented by Canadian Parks and Recreation Association. Click [here](#) for details and registration. Free

Workshop: Gender Equity in Recreational Sport – Evaluating Outcomes Using the Best Questions and Data Wednesday, December 8, 2021 11:00 – 2:00 P.M.

(ET) Presented by Canadian Parks and Recreation Association. Click [here](#) for details and registration. Free



2020 - 2021 Impact Report

ParticipACTION has released their annual Impact Report that celebrates 50 years of ParticipACTION, looks at the impact of COVID 19; touches on key accomplishments and plans for the future. Click [here](#) to access.

address this issue from a Canadian perspective. [Are family medicine residents trained to counsel patients on physical activity? The Canadian experience and a call to action](#) and [INCORPORATING EXERCISE PRESCRIPTIONS INTO MEDICAL EDUCATION](#)



Outdoor Play in Canada 2021 State of the Sector Report

The Report provides an update on the outdoor play sector since 2015, the current status, and identifies priorities for action. Various related resources and tools are available to share the information. 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

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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