



Physical Activity Coalition of Manitoba

PACM News

PACM Fall Forum

In many ways Manitoba is coming out of the pandemic and the related restrictions and returning to more normalized operations. With this, PACM believes this would be an ideal time to gather with our members and stakeholders to look at how to strengthen PACM through renewal based on member and stakeholders needs and interests.

PACM will provide a brief update on our activities, but the main focus of this forum will be to hear from you in casual discussions about what you are doing; issues or barriers you may be facing; and what sort of joint action would benefit you, your organization and your communities. To that end we invite you to join us for an in-person re-engagement forum with PACM:

Date: November 10, 2022

Time: 12:30 – 2:00 PM

Location: Conference Room A, Sport for Life Centre, 145 Pacific Ave. Winnipeg

A light lunch will be provided.

We will use the information from the session to frame further discussion and consultation towards ensuring PACM is reflecting your interests and meeting your needs.

To register click [here](#).



Senior & Elders Month - October, 2022 Many events and activities for and about seniors.

Active Aging in Manitoba Week Oct. 3 - 9, 2022 with activities from Active Aging in Manitoba. Click [here](#) for more information.

Wellness Institute Open House - October 5 2022

MFC 2022 Hecla Conference - October 14 & 15, 2022 Hecla Island Conference Centre. Click [here](#) for information.

PHE Manitoba Conference - October 21, 2022 A broad range of sessions available to phys ed teachers and beyond. Click [here](#) for information.

PACM Fall Forum - November 10, 2022 Join us to discuss how PACM can benefit you, your organization and your community. Click [here](#) for more information.



GPs to prescribe walking



Lungtivity

The Lung Association MB, Inc is running a community-based low intensity exercise program for people with lung disease in various locations and online beginning in October. The goals of the classes are to help individuals with diagnosed lung disease to:

- *reduce the feeling of breathlessness during daily activities,
 - *remain independent for as long as possible,
 - *be active in a safe and accessible environment and
 - *be supported in lung disease self-management.
- To find a list of continually updated classes, please click [here](#).



Health Care Providers' Perspectives on Promoting Physical Activity and Exercise in Health Care

The purpose of this study was to ascertain Health Care Providers' in Nova Scotia perspectives of what could be done to promote Physical Activity and Exercise (PAE) in health care. The study found that increased PAE education and greater availability of affordable, community PAE



Active Older Adult Certification Course - Sept. 25, 2022 9 am - 5 pm Online. This Manitoba Fitness Council enhancement course teaches the physiological, biological and social changes affecting older adults. Principles will be applied to help you motivate and educate your older participants to develop strength, balance and coordination to improve active daily living skills. Pre-requisite certification required. Fees apply. Click [here](#) for details.

Webinar: Building a Safe Sport Culture at the Club & Community Level October 4, 2022 5:30 - 6:45 pm Presented by Sport for Life. Explore safe sport practices on and off the field at the club and community level for participants in the early stages. What should safe sport culture look like for all participants? Click [here](#) for registration.

Building Inclusive Recreation and Sport Communities for Women and Girls project - October 12 2022. 9 am - 4 pm. Sport for Life Centre, Winnipeg. This **free** CPRA workshop will include four modules addressing barriers experienced by women and girls. Each module will include background context, examples & practical resources as well as the opportunity to exchange ideas & practices with colleagues. Registration deadline is Sept. 30, 2022. Click [here](#) for details.



GPs to prescribe walking and cycling in bid to ease burden on NHS

This article from the Guardian describes how GPs around England are to prescribe patients activities such as walking or cycling in a bid to ease the burden on the NHS by improving mental and physical health. This funded initiative adds to the social prescribing approach to health already in place in England. Click [here](#) to access.



Framing Guidance: Equitable Physical Activity

This resource from the Physical Activity Alliance (US) contains a set of framing recommendations for the physical activity sector to shift toward a more fair and just society where everyone has access to opportunities to be active every day. The framing guidance can help explain the barriers to being physically active encountered by social groups and communities that face injustice while also making the case for structural solutions that drive equitable access to opportunities to move more. Click [here](#) to access.



AAIM Seeks information on Senior's Activities

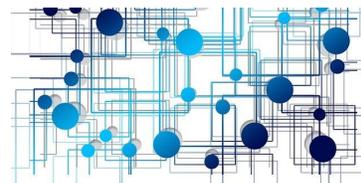
of affordable community PAE programs incorporating qualified exercise professionals, would reduce barriers preventing routine PAE promotion and support the promotion of PAE in Nova Scotia. Click [here](#) to access.



World Health Organization

Walking and cycling: latest evidence to support policy-making and practice

Active travel modes, especially walking and cycling, are now recognized by many as modes that are fully equal to other urban transport modes, integrated in planning frameworks, and adopted as part of the mainstream. This World Health Organization publication presents a comprehensive case for why and how to promote walking and cycling, based on the latest evidence from scientific research and planning practice. Click [here](#) to access.



Systems Approaches to Physical Activity

The Australian Systems Approaches to Physical Activity (ASAPa) is a national project designed to contribute a practical implementation focus to systems-based practice at the population level. Recently updated resources related to this approach are highlighted. Click [here](#) to access..



Top 10 Threats to Childhood in Canada

This report from Children First Canada looks at important challenges facing Canadian children complicated by the lingering effects of the pandemic.. Many of the identified challenges are interconnected and recommended policies and actions are included. Limited Physical Activity and Play is identified as one of the threats. Click [here](#) to access.

on Senior's Activities

Active Aging in Manitoba hopes to highlight senior's activities from across Manitoba to celebrate Seniors & Elders Month. If you have activities, programs or events planned for seniors contact AAIM at info@activeagingmb.ca with the details so they can add them to their online resource. .

Pre-Screen for Physical Activity in Pregnancy

Pre-screening for physical activity in pregnancy using an evidence-informed screening tool is an important first step in ensuring a safe and enjoyable experience. Screening identifies those who may need more evaluation or to see their Obstetric Health Care Provider before they begin or continue to be physically active. The Get Active Questionnaire for Pregnancy released by the Canadian Society for Exercise Physiology (CSEP) is designed to identify the small number of individuals who should seek medical advice as a first step to becoming or continuing to be physically active during the months that they are pregnant. Click [here](#) to access 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

PACM Coordinator
Roy Mulligan
Email: pacm.mb@gmail.com

If you no longer wish to receive these emails, you can [unsubscribe](#) at any time