



Physical Activity Coalition of Manitoba

PACM News

PACM Membership Meeting - was held on Friday, January 22, 2021. Minutes from the meeting can be accessed on our website [here](#).

Recreation Manitoba Annual Conference Program Partnership - PACM had entered into a program partnership with Recreation Manitoba to support the conference occurring on March 9 - 12, 2021. All the details on the conference are available [here](#). As part of the partnership, PACM members will be provided free access to closing virtual Keynote address:

Building on Indigenous Values to Generate Success
Presented by: Dr. James Makokis and Anthony Johnson
12:45 - 2:00 PM
Friday, March 12, 2021

Learn about how Indigenous culture supports extraordinary success and the main values that help facilitate stronger values towards the intertwined connection to ourselves, each other and our planet.

Details on accessing the session will be provided directly to PACM members.

Webinar Series - To help support the provision of services during the pandemic, PACM will be providing a series of free webinars during the coming months. Each webinar will occur over the lunch hour and include two topics. The first webinar is as follows:

Tuesday, Feb. 23rd, 2021
12 noon - 12:30 PM

Moving Fitness Programs Online - some key tips and considerations to provide physical activity programs using an online platform.

Presenter: Jan Keryluk
12:30 - 1:00 PM

Connecting During the Pandemic - how are you connecting with your clients during the pandemic? Do some things work better than others? Join us for a

round table discussion to share ideas and approaches for keeping in touch with our clients.

To register click [here](#).



Jack Frost Challenge - Feb. 7 - 13, 2021 Presented by Green Action Centre. Sign up a team to have some fun with outdoor physical activities. Click [here](#). Kids can also participate with their school, class or family. Click [here](#). Great prizes can be won.

Winter Walk Day - Feb. 10, 2021 Presented by Green Action Centre. Get out for a walk in the snow with your family, friends or classmates. Click [here](#) for info.

2021 PHE Canada Virtual National Conference - Feb. 16 - Apr. 15, 2021 A series of webinars covering six priority theme areas. Click [here](#) for details.

Recreation Manitoba 25th Annual Provincial Recreation Conference - March 9 - 12, 2021 A virtual conference is being planned complete with a virtual tradeshow and other activities. Click [here](#) for more information.



Winning Trails



EveryBodyMoves Resource Hub

This online resource was developed by the Physical Activity for Health Collaborative in BC. It is a searchable database of a broad range of resources to help make physical activity more welcoming and inclusive for those who face barriers to participation. Click [here](#) to access.



Upholding the Principles of Equity, Diversity, and Inclusion During COVID-19

This handbook from the University of Manitoba aims to promote awareness and understanding of how we can support each other during the pandemic using equity, diversity and inclusion (EDI) principles. While focused on the university environment it includes concepts and resources that can be applied in the broader community. Click [here](#) to access.



Webinar: Forward Together: Sport Leaders Share Their Gender Equity Journeys 1:00 - 2:00 PM **Feb. 10, 2021** by Canadian Women & Sport. Hear from sport leaders who took part in the Gender Equity Playbook Program as they share key factors that helped them create change. Click [here](#) to register for this free webinar.

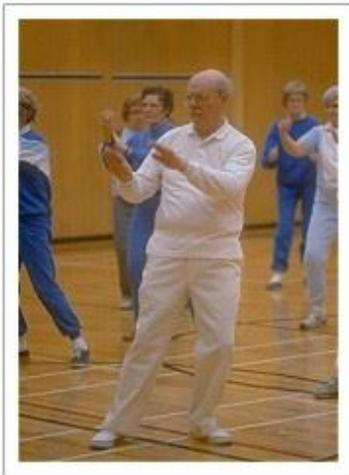
Fit Talks Health and Wellness Education Series. Provided by the Reh-Fit Centre. Various dates throughout February. A series of free presentations by experts related to heart health and disease prevention. Click [here](#) for details.

Warming Up to Winter: A Panel Discussion on Getting Active Outdoors. 12 noon - 1 PM. **Feb 12, 2021** Presented by the Canadian Parks and Wilderness Society - MB Branch. There are many ways we can enjoy time in nature this winter. Let's inspire each other and embrace Manitoba's winter wonderland. Click [here](#) for details and registration for this free online event.

Webinar: Retaining Girls in Sport, Recreation and Physical Activity 2:00 - 3:30 PM, **Feb. 18, 2021** Canadian Parks and Recreation Association and Canadian Women & Sport. By applying a gender lens, learn how to holistically design programs to meet the psycho-social needs and retain girls in sport &

Winnipeg Trails Association and Winterpeg

The Winnipeg Trails Association is working hard to ensure Winnipeggers have the opportunity to get outdoors and get active. This CBC article ([here](#)) talks about their plans for 30 new neighbourhood ski and walking trails. The Winterpeg website identifies locations and conditions for outdoor recreation amenities. Click [here](#) to access.



Encourage Exercise for All

This article from the Montreal Gazette discusses how more vulnerable portions of the population are being disproportionately affected by reduced access to physical activity during the pandemic. Click [here](#) to access.



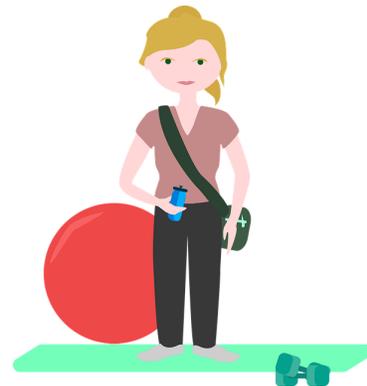
Canada Healthy Communities Initiative Funding

This Government of Canada program is providing up to \$31 million in existing federal funding to support communities as they deploy new ways to adapt spaces and services to respond to immediate and ongoing needs arising from COVID-19 over the next two years. The projects will fall under 3 themes:

- Creating safe and vibrant public spaces
 - Improving mobility options
 - Digital Solutions
- Local authorities and Incorporated not-for-profit organizations are eligible. Click [here](#) for more details.

and reimagining open spaces for recreation. Click [here](#) to register. Free.

Webinar: *Moving Programs Online & Connecting During the Pandemic* 12 noon - 1 PM **Feb. 23, 2021**. Provided by PACM. Jan Keryluk will present on presenting fitness classes online followed by a roundtable discussion on connecting with clients during the pandemic. Click [here](#) to register. Free.



Changes in Physical Activity During the Pandemic

This systematic review summarizes literature that investigated differences in physical activity and sedentary behaviour before vs during the COVID-19 lockdown. The results point to the need for interventions that promote safe physical activity and reduce sedentary behaviour should other lockdowns occur. 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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