



Physical Activity Coalition of Manitoba

PACM News

PACM AGM - The PACM 2021 AGM occurred on Thursday, May 20th. The minutes for the meeting are now available on the PACM website and can also be accessed [here](#). Thanks to Andrea Smith for the presentation on the LUNGtivity program and to all the participants for attending and sharing information on their initiatives and projects. Congratulations and thanks to Neil Johnston of the Manitoba Lung Association for taking on an additional two year term as a PACM Executive member.

Prescription to Get Active - This program provides a link between the medical system and providers of physical activity opportunities to encourage increased participation in physical activity. PACM has been engaged in planning discussions with the National Prescription to Get Active office about the establishment of the program in Manitoba. While it is in early stages, the plan is to look at starting with a pilot project, likely in Winnipeg, and based on that experience look at expansion further in the province. As the planning progresses we will provide updates to our members and stakeholders.

More information on the program can be found at the national website [here](#).

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| |  <p>PARTICIPACTION</p> <p>Engaging Newcomers to Canada in Physical Activity Programming</p> <p>This Research Report from ParticipACTION seeks to better understand the needs, perceptions and interests of newcomer Canadians and organizations that serve them.</p> |  <p>Webinar Series: reInVENT & reBUILD: Working together for a stronger, fairer and more</p> |
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ParticipACTION Community Better Challenge - June 1-30 2021. See the details [here](#).

Manitoba 55+ Games - June 14 - July 16, 2021 Active Aging in Manitoba presents a virtual games experience for 2021. Click [here](#) for the details.

Recreation Manitoba AGM - June 17, 2021 Click [here](#) for details.

Active Aging Week - October 4 - 11 2021 Click [here](#) for more information and resources to help get involved.



Recreation Manitoba Grants Manual

The purpose of this guide is to serve as a compilation of grant opportunities available to communities and organizations.

The guide also contains tips on how to effectively write grant applications and funding proposals.

Click [here](#) to access the manual.



Physical Activity and a Sense of Purpose

The findings of a longitudinal study suggests that people's exercise habits may influence their sense of purpose in life – while the reverse is also true, as having a sense of purpose seemed to have a positive effect on how much they exercised. Click [here](#) to access.

Key learnings from the research as well as supporting resources are identified. To access click [here](#).



Effects of Population-health Interventions to Enhance Physical Activity on Adults with Multimorbidity

This rapid review from McMaster University examines the evidence for the use of population- or system-level interventions to encourage physical activity among adults age 50 and over, and their effect on the quadruple aim of patient experiences, health outcomes, costs and provider experiences. Click [here](#) to access.

inclusive physical activity and sport system for all The World Health Organization has a series of free webinars that started in May and run until September 2021. Upcoming topics include *Hidden in plain sight: Realizing the full potential of civil society (June 17)*; *Innovation as an accelerator: from start up to scale (June 24)*; *Measure what you treasure: Strengthening impact and investment in sport and PA (July 1)*; *An Active Future: Youth Forum to co-create an active generation (July 8)*; and *Active for All: Action through stronger partnership (Sept 9)* Click [here](#) for details and registration.

Recorded Webinars -

The Canadian Parks and Recreation Association (CPRA) presented a couple of webinars in June that can now be accessed on their website [Encampments for People Experiencing Homelessness](#) and [Restart to Recovery: Reimagining Parks, Recreation and Community Sport](#).



The Benefits of Masters Sport to Healthy Aging

This SIRC blog post discusses masters sport and benefits or perceived benefits identified through interviews with participants at the World Masters Games. Some of the implications and complications of promoting Masters Sports are covered as well. Click [here](#) to access.



Change for Good Health

The Change for Good Health national initiative has a singular purpose: to mobilize leadership and action in the sports, physical

activity and recreation sectors to ensure that all people living in Canada have safe, inclusive, and equitable opportunities for physical activity. A diverse coalition of national organizations with an interest in physical activity has come together to identify a blueprint for action, goals and action items to solve the inactivity crisis in Canada. The report identifies the establishment of regional coalitions within the plan. PACM will continue to follow their plans. To access the report please click [here](#).

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 Physical Activity Coalition of Manitoba

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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