



Physical Activity Coalition of Manitoba

PACM News

PACM AGM - The PACM 2021 AGM will occur on Thursday, May 20th. The virtual AGM will provide an update on the activities of PACM for 2020 - 2021 and plans for 2021 - 2022. In addition it will include a presentation on the LUNGtivity program and as usual there will be an opportunity for participants to share information their own initiatives and projects. To register click [here](#).

PACM Webinar - Unfortunately we have hit a bit of a hiccup regarding the next webinar tentatively scheduled for early June. Once we have that figured out we will send out a notice regarding the content and date.



Bike Everywhere Month - May 1 - 31, 2021 Bike to School Month is now Bike Everywhere Month. Click [here](#) for details from Green Action Centre.

PACM AGM - May 20, 2021 Click [here](#) to register.



IMPACTS OF THE COVID-19 PANDEMIC ON THE ARTS, CULTURE, HERITAGE AND SPORT SECTORS

This Report of the Standing Committee on Canadian Heritage looks at the impact of the pandemic and makes recommendations for consideration of the House of Commons or the Government.



Conversation 2021: Women and Sport June 10 - 11, 2021 This online session will have participants work collaboratively with the goal to equip you with the tools to make the sport system more inclusive. Click [here](#) for details. Registration fees apply.

Recorded Webinar: **Physical Literacy and the Health and**

Commuter Challenge 2021 - May 30 - June 5, 2021 This year isn't just about going to and from work, we want you to Love ALL Your Trips no matter where they take you! Click [here](#) for details.

ParticipACTION Community Better Challenge - June 1-30 2021. See more details below.

National Health & Fitness Day Canada - June 5, 2021 For details and resources to get involved click [here](#).

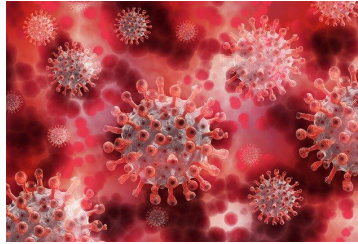
Recreation Manitoba AGM - June 17, 2021 Click [here](#) for details.



ParticipACTION Community Better Challenge

The ParticipACTION Community Better Challenge is back for 2021 and runs from **June 1 – 30**. To help make your event the best it can be Digital Toolkits are available [here](#)! Remember, every minute tracked counts towards your community score, so rally your community to start tracking all their physical activity!

The report can be accessed [here](#).



Exercise Boosts Immunity

This article references several studies that identified the impact of physical activity on immunity and risk from infectious disease. Encouraging regular physical activity is seen as a long term investment to minimize the impact of infectious disease. Click [here](#) to access.



Exercise and Mental Health

This University of Toronto article looks at the contribution of physical activity to mental health. Tips on being active during the pandemic are included. Click [here](#) to access.



Active Aging and Exercise

Active Aging Network has produced a series of research tips on aging well, many of which

literacy and the health and Well-being of populations

Includes presentations by Dr. Mark Tremblay, Margaret Whitehead and Mark Hanson. Click [here](#) to access.

Free Training - Evaluation and Outcome Measurement

The Canadian Fitness Lifestyle Research Institute (CFLRI) is offering a complimentary 5-week virtual training course for practitioners on evaluation and outcome measurement. Various sessions dates are available August through December. For more details click [here](#).



Gender Equity Resources

Women and Sport and PHE Canada have both highlighted resources to support approaches to better serve women and girls in sport and activity. Women and Sport [Gender Equity LENS](#) e-learning module focuses on policy and program decisions and the PHE [Gender Equity](#) poster and guidebook focus on the classroom and teaching styles.

focus on aspects of exercise for the older adults. The resources can be accessed [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 {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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