



Physical Activity Coalition of Manitoba

## PACM News

### Prescription to Get Active Update

PACM representatives will meet with Minister Smith, Sport, Culture & Heritage in mid August to discuss the Prescription to Get Active program and potential support for development of the program in Manitoba. In addition Tax Credits for Fitness Programming is on the agenda.



**MFC 2022 Hecla Conference - October 4 & 5, 2022** Hecla Island Conference Centre. Click [here](#) for information.



### The Impact of the Health and Fitness Sector

A recent report by the Global Health and Fitness Association analyzed the economic and social benefits of the health and fitness industry in 46 countries. The highlights of the reports results relative to Canada are included in this article from the



**Webinar: Framing Equity in Physical Activity - Aug. 25, 2022** 12 noon. Presented by the Physical Activity Alliance and the FrameWorks Institute (US). Public health leaders in physical activity share key framing approaches to communicating equity in physical activity. Click [here](#) to register.



### Physical activity affects boys and girls differently

New research out of Norway examining the relationship between body fat and physical activity in children has found that unlike for boys, body fat and physical activity in girls 6 to 14 years old are unrelated. Click [here](#) for more information.



**University  
of Manitoba**

### UM Faculty of Kinesiology & Recreation Management Research Study

Dr. Rodrigo Villar is currently running three different studies that look to deal with your brain, heart, and lungs. He is looking for participants aged 18-30 or 65-75. Time commitments vary with the study. For more information, please contact [CPERLAB@umanitoba.ca](mailto:CPERLAB@umanitoba.ca)



Fitness Industry Council of Canada. Click [here](#) to access.



### It is Safer to be Physically Active

The statement from the British Association of Sport & Exercise Medicine provides clear messages for healthcare professionals to help them advise people living with one or more long-term conditions about the potential medical risks of becoming more active. It specifically addresses the lack of confidence, and knowledge, that healthcare professionals report as barriers to discussing and promoting physical activity in this group. Click [here](#) to access.



### Helping to Make Sport More Inclusive: 2021-2022

This Canadian Women and Sport report looks at the impact of their programs and advocacy on the sport system and how their work can help organizations and leaders at all levels within the system reach their gender equity goals. The goal is to create more safe, welcoming, and supportive environments for all women and girls, building knowledge, changing attitudes, and developing competency among key groups. Click [here](#) to access.



### Psychological benefits of outdoor physical activity

This systematic review looks at the comparative psychological benefits of outdoor physical activity and more specifically natural vs. urban settings. The study found that benefits are particularly evident for reduction in feelings of anxiety or fatigue, with somewhat weaker evidence for other outcomes including depression. Click [here](#) to access the article.



### ParticipACTION Community Better Challenge Results

After more than 600,000 Canadians tracked over 500 million physical activity minutes throughout June 2022 in the ParticipACTION Community Better Challenge, **Red Deer, Alberta** is Canada's Most Active Community! They take home the top prize of \$100,000 to go toward local physical activity and sport initiatives!

In Manitoba, **Pinawa** was the most active community during the challenge. For more on Pinawa's success click [here](#).





Congratulations to these active communities.

### Federal Funding for National Healthy Living Projects Announced

The Government of Canada has announced \$1.7m in funding for 3 projects that focus on support to populations who face social and economic challenges to adopt and maintain healthy behaviours to address risk factors of chronic diseases. ParticipACTION's ParticiPARKs project and PHE Canada's ReBOOT Schools program specifically identify Manitoba as one of the provinces activity will occur. The Red Cross Society's Canadian Institute for Social Prescribing project also recieved funding.(learn more about social prescribing [here](#)) Click [here](#) for more information.

### Creating accessible, inclusive playgrounds for all

A new playbook "*Creating Inclusive Playgrounds: A Playbook of Considerations and Strategies*" offers a comprehensive resource for creating accessible and inclusive playgrounds. The playbook goes beyond the typical boundaries of playground design by taking into account topics such as community engagement, play programming, playground surroundings, service and maintenance, and more. Click [here](#) to access.

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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](mailto:pacm.mb@gmail.com)

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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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