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Physical Activity Coalition of Manitoba

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## PACM News



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## PACM Focus Discussions

As you may be aware, a Fall Forum scheduled for early November with the intent to discuss the ongoing focus for PACM had been cancelled due to low registration. The PACM Executive has had discussions regarding a proposed path

forward for PACM.

The basic mission of PACM is still seen as relevant - "getting people more physically active." Several PACM activities supporting that were identified as beneficial:

- the PACM general membership meetings including a round table for organization updates and an information/education session with guest presenters

- information sharing - collating and sharing information on a wide range of physical activity related resources, training, initiatives, research, funding opportunities, etc.

- providing a collective voice for the physical activity field in a range of physical activity issues and sectors, including consultations and discussions on high level (national, provincial) policies and supporting initiatives as those opportunities arise

However, there is a sense that PACM should look at some changes to ensure continued relevance to our members and stakeholders. To that end the Executive is initiating a review of the PACM brand - name, logo, messaging; as well as how we communicate on an ongoing basis with our members and stakeholders including more effective use of social media. Work on this will begin in earnest in the new year. As this review proceeds we will look for input from PACM members and stakeholders.

A general membership meeting to share more on this is being planned for late February. Details on the meeting will be provided shortly.

If you have any questions in this regard please feel free to contact Stephanie Jeffrey, PACM Chairperson at [sjeffrey@manitobafitnesscouncil.ca](mailto:sjeffrey@manitobafitnesscouncil.ca) or the PACM Coordinator at [pacm.mb@gmail.com](mailto:pacm.mb@gmail.com)



**PACM General Membership Meeting - February 2023.** Date to be determined. More information to come.

**Recreation Manitoba 27th Annual Provincial Recreation Conference - March 13 - 15, 2023,** Winnipeg, Manitoba. Preliminary information is available [here](#).



### Sport for Social Development in Indigenous Communities — Sport Support Program

The Government of Canada, Sport for Social Development in Indigenous Communities (SSDIC) component of the Sport Support Program funds eligible organizations to deliver sport for social development projects in Indigenous communities in Canada. There are three streams targeting Provincial/Territorial Aboriginal Sport Bodies; Indigenous governments, communities and non-profits; and Indigenous women, girls and 2SLGBTQ+ people. The call for applications for streams one & two are currently open until early January. Stream three will open soon. Click [here](#) for details.



### Canadian Physical Activity Report Card for Children & Adolescents with Disabilities

The Disability Report Card is Canada's first-ever comprehensive summary of physical activity data for children and adolescents with disabilities. This Disability Report Card resource suite presents several resources that highlight Canada's grades and the grading process, as well as recommendations to improve the accessibility and inclusivity of physical activity experiences for children and adolescents with disabilities. Click [here](#) to access.



### Benefits of Short Bursts of Physical Activity

Recent research revealed that as little as three or four minutes of short, vigorous activity bursts throughout the day were associated with a substantially lower risk of premature death from all causes compared with people who did none. This physical activity was shown to often occur through the regular day to day activities of study participants. Click [here](#) to read more.



**ParticipACTION**



**Webinar: Exercise: Powerful Medicine for Health and Aging Jan 18, 2023 6:00 PM.** Join renowned kinesiology researcher, Dr. Stuart Phillips, to learn about how much (or how little) people have to do to improve their odds of living longer, healthier and better lives. Click [here](#) to register.

**Webinar Series 2023 - Health Coaching Series** A series of 5 online workshops running from **Jan. 30 to March 22, 2023.** Provided by Manitoba Fitness Council and presented by Dr. Erin Nitschke. Learn how to connect with and listen to clients; so you can help them determine their best path forward. Session topics include the science of behaviour change; how to incorporate health coaching in an exercise environment; designing effective coaching sessions; elevating your coaching practice; and rejecting the diet culture. Registration fee applies. Click [here](#) for more information.



### Lungtivity Winter Programs

LUNGtivity is a low-intensity chair-based 30-45 minute exercise class in the community aimed specifically for those living with lung disease. The goal is to support community members living with lung disease after they have completed, or while they



## 2022 Rally Report

For girls, women and gender-diverse people, sport can be transformative, but only when they have equitable opportunities to engage in quality, safe sport. As much as we love sport, the uncomfortable reality is that the current system is flawed. The Rally Report, by Canadian Women and Sport, details how 4,500 Canadian girls and women, and over 350 women sport leaders, experience sport in 2022. The message couldn't be clearer: our current sport system is failing to provide girls and women with access to safe, quality sport as participants and as leaders. Click [here](#) to access the report and related resources..

## Community Challenge 2023 Grants Available

Community organizations are encouraged to apply for grants of up to \$5,000 from **Dec. 14 to Feb. 1** for the ParticipACTION Community Challenge 2023, which will take place throughout June. These grants are designed to increase sport and physical activity participation, with an emphasis on equity-deserving groups, and can be used for staffing, training, promotion, equipment or venue rentals. Click [here](#) for details on the Challenge and the grant.

## Move for your Mood Challenge - Jan 16 - 31, 2023

Winter's colder, darker and shorter days can put a damper on your mood. But there's a simple way to start feeling better: get moving! That's why ParticipACTION created the Move for your Mood challenge, taking place Jan. 16 – 31. Just download or open the ParticipACTION app to join as an individual or part of a team. You might just win some prizes, too! A Move for your Mood Action Plan with resources and advice is available [here](#).

wait for, Pulmonary Rehab (or provide exercise for those who cannot access PR). The aim is to maintain independence and reduce breathlessness during daily activities via strength, flexibility, balance and breathing exercises. For more information on the program and the schedule for winter 2023 programs click [here](#).



## Fitness: Putting a price tag on physical activity isn't easy

Governments and citizens alike need to consider the state of a bank account before investing in physical activity, but they also need to consider the cost of not exercising. This Montreal Gazette article looks at the costs of not supporting opportunities for people to be physically active. 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](mailto: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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