



Physical Activity Coalition of Manitoba

PACM News

PACM Winter Membership Meeting

Please join us for the Winter Membership meeting to be held online on Wednesday, **April 6th** at 10:30 am. Agenda items include updates on PACM activities; an opportunity to highlight your organizations' events and a presentation on *Managing exercise and physical activity in post-covid condition (long covid)* by Dana Kliewer, Physiotherapist.

Click [here](#) to register.

PACM Host Organization Requests for Expression of Interest

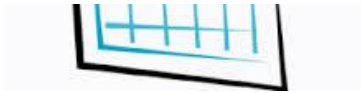
PACM is seeking Expression of Interest to be the PACM Host Organization. Detailed information has been sent directly to eligible member organizations for consideration. We are asking for responses by **April 23, 2022**. If your organization is interested and has not received information please feel free to contact us at pacm.mb@gmail.com



Same Game Challenge

Canadian Tire Jumpstart Charities (Jumpstart) is entering into a three-year partnership with





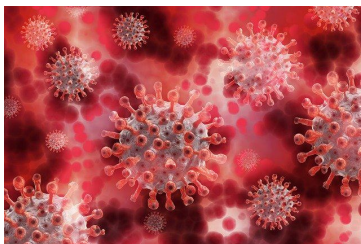
Winterruption Tactical Urbanism Conference - March 24 - 26, 2022 A series of sessions on alternative use of space in Winnipeg focusing on walkability and sustainability. Click [here](#) for details and registration.

PACM Membership Meeting - April 6, 2022 - 10:30 am. Online meeting. Click [here](#) for more info and registration.

Transportation for a Strong Town - April 13, 2022 - 11:00 am - 4:00 pm. Green Action Centre presents this successful transportation planning workshop. Click [here](#) for info and registration.

Recreation Manitoba Annual Provincial Conference - a hybrid conference will be offered in 2022. The in person portion taking part May 5 & 6th, 2022 (New Dates). Click [here](#) for details and registration.

New Date - 2022 Sport for Life Canadian Summit on May 11 & 12, 2022. The event will combine a simultaneous, multi-city event with in person sessions along with virtual sessions. More details to come.



Physical activity reduces risks of severe COVID-19 outcomes

A new international study published in the British Journal of Sports Medicine found adults with high and moderate physical

Canadian Women & Sport to expand the delivery of the *Same Game Challenge*. This initiative brings together a focus on direct coaching and training to improve gender equity, and enhance capacity and buy-in by providing tools for grassroots sport organizations to embed gender equity into policies, programs and practices. Click [here](#) to access related resources.



Why Play Isn't Just for Kids

Many forms of play fall directly within the realm of physical activity and still include those elements of fun and choice. This Outdoor Play Canada article reflects that relationship and provides encouragement to continue to play through the lifespan. Links to several related resources are include. Click [here](#) to access.



Canadian Fitness and Lifestyle Research Institute

The Canadian Fitness and Lifestyle Research Institute (CFLRI) release new series of publications

CFLRI has released a series of publications highlighting data on physical activity, recreation, and sport participation in Canada including research bulletins, infographics, and customizable data tables providing the latest statistics and evidence-based considerations for practitioners and policy-makers. This series also highlights the impact of

Webinar: Community engagement for equity and healthy aging March 23, 2022 12:00–1:30 p.m. Will explore the opportunities and challenges for strengthening community action that promotes health and equity for older Canadians. Presented by the National Collaborating Centre for Determinants of Health. Click [here](#) for more info and registration.

Webinar: Leveraging the Outdoors During and After the COVID-19 Pandemic March 24, 2022 11:00 am - 12:00 pm. Provided by Outdoor Play Canada and presented by Joe Doiron. Click [here](#) to register.



Aerobic or Resistance Exercise for Better Sleep?

A new National Institute for Health study found that resistance exercise may be superior to aerobic exercise as a way to get better sleep. A year-long resistance exercise program improved sleep quality, duration and other indicators of a good night's sleep more so than aerobic exercise, combined aerobic and resistance exercise, and no exercise. Click [here](#) to read more.



What stops the world from being physically active?

activity levels had significantly better outcomes than those with low activity levels when contracting COVID-19. Lower rates of hospitalization, ICU admission, ventilation and death, were found compared to those with lower physical activity. Click [here](#) to read more.

also highlights the impact of COVID-19 on key organizations within the physical activity, sport and recreation sectors. Click [here](#) to access.

This article from the World Cancer Research Fund International looks at barriers to physical activity that are found around the globe and touches on some actions and initiatives to help remove those barriers. Click [here](#) to access.



Fitness Leadership Canada (FLC)

The National Fitness Leadership Association of Canada (NFLA) has rebranded and changed name to Fitness Leadership Canada (FLC). Fitness Leadership Canada is a partnership of provincial not-for profit organizations who champion professionalism in the fitness industry. The organization's new website can be accessed [here](#).

University of Waterloo Seeks Input

The University of Waterloo, Recreation and Leisure Studies, is looking to develop a professional coursework MA that would appeal to professionals in the various aligned fields within the recreation industry. They are interested in collecting perspectives from recreation and active living professionals (or frankly, anyone who would be looking for such a program) on what they may be looking for in a professional Master's degree program. The survey link is [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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