



Physical Activity Coalition of Manitoba

PACM News

PACM Annual General Meeting

The PACM Executive invites you to attend the Annual General Meeting.

May 26, 2022
10:00 - 11:30 AM
Virtual Meeting

Agenda items include:

- updates on PACM activities
- financial report
- plan for upcoming program year
- opportunity for participant organization updates,
- election of PACM Executive Committee members (see more below)
- a presentation on *Managing exercise and physical activity in post-covid condition (long covid)* presented by Dana Kliewer, Physiotherapist at Deer Lodge Centre

To register for the meeting and receive the meeting link please click [here](#).

Nominations for PACM Executive Positions

PACM has **three** at-large Executive positions (two year terms) to fill at the 2022 AGM. All members in good standing are eligible to put their names forward for the positions. (Note: Associate members would not have voting rights.) The Executive meets 6 to 8 times per year and Executive members support PACM initiatives and committee work.

Please contact us at pacm.mb@gmail.com with questions or to express interest in the positions

in the positions.



PACM Annual General Meeting
- **May 26, 2022** 10:00 am. Click [here](#) for details and registration.

The Community Better Challenge . **June 1 – 30, 2022**
Presented by ParticipACTION. Time to get your community active - you could win \$100,000 plus the title of Canada's most active. Click [here](#) for details.

National Health and Fitness Day **June 4, 2022** Encouraging Canadians to get out and get active. Click [here](#) for information.

The Commuter Challenge - **June 5 - 11, 2022** Coordinated by Green Action Centre. Click [here](#) for details.

2022 55+ Games - **June 7 - 9, 2022** Taking place in Selkirk. Coordinated by Active Aging in Manitoba. Virtual Games take place **June 10 - July 10, 2022**. Click [here](#) for details.



Mobility and Older Adults



COVID-19 and physical activity

As the pandemic continues on there has been research and resource development focused on various impacts of the pandemic and the virus related to physical activity. The following is a partial listing of some of those resources:

Support for rehabilitation: self-management after COVID-19-related illness - a leaflet from the World Health Organization to supplement care received from health care professionals. Click [here](#).

Changes in behaviour due to the pandemic - the results of a CFLRI study on physical activity and sport during the pandemic. Click [here](#).

Reimagining healthy movement in the era of the COVID-19 pandemic - as part of a special issue of the Health Promotion and Chronic Disease Prevention Journal focusing on physical activity, sedentary behaviour and sleep; this editorial reflects on challenges of health restrictions on healthy movement. Click [here](#).

Changes in chronic disease risk factors and current exercise habits among Canadian adults living with and without a child during the COVID-19 pandemic - this report is from Statistics Canada. Click [here](#)

Exercise warnings over long COVID recovery - looks at a



Sport is not an equal playing field: An introduction to Anti-Racism Literacy and Action - this free 3 hour workshop is presented by Anti-Racism in Sport upon request and is targeted to all sport stakeholders. Click [here](#) for more information and application form.



Association Between Physical Activity and Risk of Depression

This systematic review and meta-analysis of 15 prospective studies including more than 2 million person-years showed adults meeting physical activity recommendations (equivalent to 2.5 h/wk of brisk walking) had lower risk of depression, compared with adults reporting no physical activity. To access this JAMA Psychiatry article click [here](#).



Preserving independent mobility is central to maintaining a good quality of life, including retention of many activities, such as walking to a bus stop or around a neighborhood, that older adults need to stay fully engaged in their communities. Approaches to assist older adults in maintaining their mobility are reviewed in these articles from BMJ.

[Preserving community mobility in vulnerable older people](#)

[Multicomponent intervention to prevent mobility disability in frail older adults: randomised controlled trial \(SPRINTT project\)](#)

study from the University of Leeds. Click [here](#).

Exercise and sports after COVID-19—Guidance from a clinical perspective - from Translational Sports Medicine Journal considers various health conditions and post-covid physical activity. Click [here](#).



Does Childhood Mode Experience Influence Today's Work Commute?

Research shows that healthy habits (eating, exercise etc.) learned young continue into adulthood. This Green Street Initiatives article illustrates that travel behavior in childhood also influences choices in adulthood, but many other factors are involved. Click [here](#) to access.



Seeking Pedal Poll Volunteers

Pedal Poll/Sondo Vélo is a chance to evaluate the state of cycling in our communities. It provides a “snapshot” of what cycling looks like in communities across Canada, at the same time and the same way, year over year. Volunteers are needed to count people on bikes in their communities June 7 - 12, 2022. Click [here](#) for details.

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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