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Physical Activity Coalition of Manitoba

## PACM News

### PACM Membership Meeting Coming Soon!

PACM will be holding a virtual membership meeting on **Thursday, Nov. 25th** at 1:30 pm.

The meeting will provide an update on PACM activities including the Prescription to Get Active Program. An opportunity for organizations to share information on new initiatives and upcoming events will be part of the meeting as well as a presentation on a local study on the *Association of Membership at a Medical Fitness Facility With Adverse Health Outcomes* presented by Ranveer Brar, Biostatistician at the Chronic Disease Innovation Center; Sue Boreskie, CEO of Reh-Fit Centre and Casie Nishi, Executive Director of the Wellness Institute.

Mark your calendars. Click [here](#) to register.

### PACM Memberships 2021-2022

We are currently in the midst of our annual membership renewal campaign. Most memberships are due for renewal on **December 1, 2021**. Communications in that regard have been sent out to our current members.

In addition we encourage our non-member stakeholders to consider becoming a member of PACM as a way to support the work of PACM. More information on membership benefits and categories can be found [here](#) on the PACM website. Please join us in the *Community of Champions for Physical Activity*.





**PACM General Membership Meeting - November 25, 2021**  
1:30 pm Click [here](#) to register.

**Recreation Manitoba Annual Provincial Conference** - a hybrid conference will be offered in 2022. Virtual presentations will take place **March 3rd, 2022** from 9am to 1pm with the in person portion taking part **March 9th to 11th, 2022**. More info will be available shortly.



### Nature Prescription Program launched in Manitoba

PaRx is a national nature prescription program started by the BC Parks Foundation last year, which has since expanded to Ontario, Saskatchewan and now Manitoba. The program recognizes the mental health benefits of spending time outdoors and that patients are more likely to adhere to things or do it if they're actually prescribed it by a trusted medical

## PARTICIPACTION

Join ParticipACTION in urging the Government of Canada to make physical activity essential and accessible for all Canadians.

Canada is experiencing a physical inactivity crisis, with only 16 percent of adults and 39 percent of children and youth meeting recommended physical activity levels – and the pandemic has only made the situation worse. We are at a pivotal moment and physical inactivity needs to be treated as a pervasive public health issue and urgently recognized as a national priority.

*This is not the time to be still.*

Visit [ParticipACTION.com](http://ParticipACTION.com) to sign an open letter urging the Government of Canada to take action to make getting active a part of everyday life for everyone.

## ACTIVE FOR LIFE<sup>®</sup>

Multisport programs make physical activity fun & engaging

We have all heard of the importance of ensuring that children are exposed to a wide variety of sports and activities to help develop their physical literacy skills and their ongoing interest in physical activity. This Active For Life article supports that notion and provides example of multisport programs from across Canada. Click [here](#) to access. .



**November is Fall Prevention Month**



### Webinar: **Engaging Women in Active Living: New Ideas to Get Moving November 16, 2021**

2:00 – 3:30 PM The first in a six part series of workshops to provide recreation and sport leaders with practical information on how to get and keep adult women active. Presented by the Canadian Parks and Recreation Association, in partnership with Canadian Women & Sport and BC Recreation and Parks Association. Click [here](#) for more information and registration.

### Webinar: **Engaging Girls and Women in Sport Mini Series Part 1: Getting Girls Back in the Game November 17, 2021**

12:00 noon-1:00 pm Presented by SIRC and Canadian Women & Sport This webinar will look at the impact of COVID-19 on women and girls in sport. Panelists will explore research on the current situation and share strategies to help girls feel comfortable and confident to get back into the game. Click [here](#) for more information and registration.

### Webinar: **Budgeting 101 for Non-Profits: November 23, 2021**

9:00 am - 12:00 noon Offered by Recreation Manitoba. This workshop will provide a solid understanding of how to create and monitor a budget for your non-profit organization! Click [here](#) to register.

### Webinar: **Addressing Inclusion, Diversity, Equity and Access in Recreation, Physical Activity and Community Sport**

**November 23, 2021** 11:00 a.m. – 1:00 p.m. Part of the Reimagine RREC workshop series presented by the Canadian Parks

it by a trusted medical practitioner. Click [here](#) to learn more.



### Impact of the 2020 COVID-19 Pandemic on the Movement Behaviours of Children and Youth with Disabilities

This Canadian Disability Participation Project has developed resources to address how COVID-19 has impacted the movement behaviours of Children and Youth with disabilities (CYD), highlight the importance of families of CYD in encouraging healthy movement behaviours, and share considerations for organizations that facilitate sport and physical activity programming on how to better support CYD and their families. Click [here](#) to access resources.

### PREVENTION MONTH

Fall Prevention Month provides tools and resources to raise awareness and engage communities in preventing falls and fall-related injuries to children and adults. Educational and promotional materials and resources can be accessed [here](#).



### Research study exploring older adults' and fitness service providers' experience with online exercise classes during the COVID-19 pandemic

The University of Manitoba, Centre on Aging is conducting a research project with older adults, 65 years or older, about online exercise classes. The goal of this study is to learn about experiences with online exercise during the course of the pandemic. Survey respondents will have the opportunity to enter a draw for a \$50 gift card. If you would like more information about the study or if you have any questions, please contact: [Online.Exercise@umanitoba.ca](mailto:Online.Exercise@umanitoba.ca) The survey can be accessed [here](#).

and Recreation Association. focus on the essential role that parks, recreation and community sport play in supporting underserved and diverse populations. Click [here](#) for more information and registration.

Webinar: **Taking Stock of the Calls to Action on Sport and Reconciliation for First Nations, Inuit and Métis peoples December 1st, 2021** 12 noon - 1:30 PM The webinar will explore the importance of putting into motion the Calls to Action from the Truth and Reconciliation Commission, recognizing the important role that physical activity, sports, and practices, in their many forms, play in the mental, emotional and cultural well-being of First Nations, Inuit and Métis youth, families and communities. Click [here](#) to register.

Webinar: **Recreation, physical activity and community sport as essential. December 2, 2021,** 11:00 a.m. – 12:30 p.m Part of the Reimagine RREC workshop series presented by the Canadian Parks and Recreation Association. For more information click [here](#).

Workshop: **Gender Equity in Recreational Sport – Evaluating Outcomes Using the Best Questions and Data** Wednesday, **December 8, 2021** 11:00 – 2:00 P.M. (ET) Presented by Canadian Parks and Recreation Association. Click [here](#) for details and registration. Free

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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