



Physical Activity Coalition of Manitoba

PACM News

Reminder: PACM Fall Forum

The main focus of this forum will be to hear from you in casual discussions about what you are doing; issues or barriers you may be facing; and what sort of joint action as PACM would benefit you, your organization and your communities. Please join us for an in-person re-engagement forum with PACM:

Date: November 10, 2022

Time: 12:30 – 2:00 PM

Location: Conference Room A, Sport for Life Centre, 145 Pacific Ave. Winnipeg

A light lunch will be provided.

We will use the information from the session to frame further discussion and consultation towards ensuring PACM is reflecting your interests and meeting your needs.

To register click [here](#).





Senior & Elders Month - October, 2022 Many events and activities for and about seniors.

Take Me Outside Day October 19, 2022 Take Me Outside Day helps to raise awareness about outdoor learning by encouraging teachers to take their students outside. Click [here](#) for more information and activities.

PHE Manitoba Conference - October 21, 2022 A broad range of sessions available to phys ed teachers and beyond. Click [here](#) for information.

PACM Fall Forum - November 10, 2022 Join us to discuss how PACM can benefit you, your organization and your community. Click [here](#) for more information.



Canadian Women & Sport's Spotlight Grant

This grant is for community sport and physical activity organizations who are working to remove barriers and expand opportunities for girls, women, and gender-diverse participants. Three levels of funding are available: \$5,000, \$25,000 and \$50,000. Applications close Nov 14, 2022. For more details on eligibility and applications please click [here](#).



Anatomy of a Pothole

In preparation for the upcoming municipal elections, the Transportation & Land Use Coalition has produced a document comprised of several essays focused on approaches to road maintenance and renewal, including active transportation considerations. Click [here](#) to access.



The Whole Day Matters Toolkit for Primary Care

More and more we hear of the important role health care providers can play in promoting physical activity for the prevention and treatment of health issues. CSEP has developed a resource to assist primary care providers with promoting optimal levels of physical activity, sedentary behaviour and sleep (movement behaviours) in line with the Canadian 24-Hour Movement Guidelines for Adults 18-64 and 65+. Click [here](#) to access.



ParticipACTION Report Card on Children & Youth

The pandemic had a significant impact on physical activity participation with many of the regular opportunities no longer available. Many Canadian parents found alternate ways to ensure their children were able to be active. The report card identifies the impacts of these



Webinar: Launch of the first WHO Global Status Report on Physical Activity - Oct 19, 2022 6:30 am. Learn in more detail the progress that has been made in implementing the Global Action Plan on Physical Activity and the recommendations of the first WHO Global Status Report on Physical Activity. Click [here](#) to register.

Exercise Theory Course - Oct 21 - 23, 2022 Oct 21 - 6 - 10 PM (Online) Oct 22 & 23 - 9 AM - 5 PM (In-person). Exercise Theory is Manitoba Fitness Council's foundation course if you are thinking of starting your fitness career or just want to learn more about fitness and anatomy. Course fees apply. Click [here](#) for more information.

Webinar: Sport Canada's Community Sport for All Initiative - Oct 25, 2022 12 p.m. Learn about four distinct granting opportunities from ParticipACTION, the Canadian Parks and Recreation Association, Canadian Women & Sport and Physical and Health Education Canada that will support local organizations' ability to remove barriers and increase sport participation rates for underrepresented groups. Click [here](#) to register.



Reaching Each and Every One: A Community Sport Intervention

The Canadian Parks and Recreation Association has announced a new \$8 million fund to support new community level interventions or programs

Physical Activity for Older Adults

A new resource from Active Aging Canada tells older Canadians how to engage in safe, successful physical activity. It was developed by their partners: the Canadian Society for Exercise Physiology and Exercise is Medicine® Canada. Available to order or download in English, French and 12 other languages. Click [here](#) to access.

changes on activity levels and recommends actions to improve activity levels. Click [here](#) to access.



How We Deprive Children of the Physical Activity They Need

Monitoring, structuring, and protecting reduce children's activity and health. This article from Psychology Today proposes that the lack of opportunity for free play without adult monitoring, is harming children's physical health. Click [here](#) to access.

interventions on programs, events, and policy changes: efforts that will reduce barriers and increase participation in recreational sport for underrepresented groups across the country. The funding came through the Government of Canada (Sport Canada) Community Sport for All Initiative. Click [here](#) for more information.

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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