



Physical Activity Coalition of Manitoba

PACM News

PACM Winter Membership Meeting

The Winter membership meeting will be held virtually again. Date to be determined. More information on this will be out shortly.

PACM Host Organization Requests for Expression of Interest

As you may be aware the Manitoba Fitness Council has been the Host Organization for PACM for since spring 2015. As per the PACM Terms of Reference the term for a host organization will generally be a maximum of 6 years and therefore PACM is requesting an expression of interest from eligible Coalition member organizations with an interest in potentially assuming the role as host organization. More detailed information on this will be sent directly to eligible member organizations for consideration.

Upcoming PACM Executive Position Vacancies

At the AGM in spring 2022 the terms of three of our PACM Members at Large Executive positions will be expiring. PACM is seeking nominations to fill the positions on the Executive. The terms are two years in length and all current PACM members are eligible to stand for the positions. (Note: As per PACM Terms of Reference, Associate members can fill a position but would not have voting rights.) More detailed information will be sent directly to PACM members.





Jack Frost Challenge - Feb. 13 - 19 2022 Presented by Green Action Centre. Get a team together to enjoy winter activities and the chance to win great prizes. Click [here](#) for details.

Winter Health & Fitness Week - Feb. 14 - 20, 2022 National initiative to encourage Canadians to #showusyourmoves by being physically active. Click [here](#) for more information.

2022 PHE Virtual National Conference February 17-18, 2022 Covering priority topics such as mental health and well-being, inclusive PHE, quality physical education, outdoor education, substance use, assessment, and more! Click [here](#) for more information and registration.

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 **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.



Why Children Need to Play Outdoors

This Outdoor Play Canada article highlights the benefits of children playing outdoors particularly during the pandemic. It includes some considerations from the perspective of child care providers. Click [here](#) to access. A related resource from OPHEA provides an **Outdoor Education Toolkit** for Grades 1 to 8 and another for Grades 9 to 12. They include lesson plans, activity resources, safety messages and more. Click [here](#) to access.



Exercise as a prescription for depression

Mental Health has been receiving a higher profile as the pandemic has continued on. This CBC article references a BC study looking at the positive effect of physical activity on depression levels during the pandemic. The experiences of some study participants illustrates the effects. Click [here](#) to access.



Webinar Series: Gender Equity in Recreational Sport

- provided by the Canadian Parks and Recreation Association. Three workshops will be offered: *Optimizing Facility Use – Evaluating Outcomes Using the Best Questions and Data* Wednesday, **February 23, 2022** 11:00 A.M. – 2:00 P.M. *Optimizing Facility Use – Who are the People in Your Neighbourhood?* Wednesday, **March 9, 2022** 11:00 A.M. - 2:00 P.M. Click [here](#) for details and registration.



Prevention of deaths through physical activity

A study published in JAMA used accelerometer measurements to examine the association of physical activity and mortality in a population-based sample of US adults and to estimate the number of deaths prevented annually with modest increases in moderate-to-vigorous physical activity intensity (MVPA). The study estimated that approximately 110 000 deaths per year could be prevented if US adults aged 40 to 85 years or older increased their MVPA by a small amount (ie, 10 minutes per day). Click [here](#) to access.





Community Sport for All Initiative Funding

The Government of Canada is now accepting applications until **April 4, 2022** for funding for initiatives across the country under the Community Sport for All Initiative. The initiative seeks to rebuild and increase sport participation rates, particularly amongst Black, Indigenous, racialized, 2SLGBTQIA+, low-income and newcomer populations. \$80 million has been budgeted over two years to remove barriers to participation in sport programming and to help community organizations kick-start accessible local organized sports. Click [here](#) for more information.



Active Transportation Fund

Infrastructure Canada is accepting applications for both the planning and capital funding streams of the Active Transportation Fund until **March 31, 2022**. The fund will provide \$400 million over five years to support a modal shift away from cars and toward active transportation, in support of Canada's National Active Transportation Strategy. A wide range of government and non-government agencies are eligible to apply. Click [here](#) for more details.



"Awe" Walking - A Boost to Mental Health

This article looks at how the mental benefits of walking can be enhanced through the conscious awareness and enjoyment of the experience. Noticing details and some reflection rather than mindless rote activity. Allowing yourself to experience "awe" even in small things. Click [here](#) to access.



A major research report commissioned by True Sport confirms that good sport, driven by positive values, has the power to deliver wide-ranging benefits for all Canadians. The new report includes new research on the impacts of sport on children with disabilities, LGBTQ+ inclusion, experiences of racialized and Indigenous peoples, and the impact of climate change on sport. It also considers the consequences of COVID-19 and the opportunities to build back community sport stronger than ever. 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

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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