



Physical Activity Coalition of Manitoba

PACM News

PACM Membership Meeting - An online membership meeting will be held as follows:

Friday, January 22, 2021

10:30 am - 12:00 Noon

Online

The agenda will include an update on PACM activities; an opportunity for participants to briefly provide an update on their activities/initiatives; and a presentation on *Prescription to Get Active* by Stephanie Jeffrey, Manitoba Fitness Council. For more information and registration click [here](#).

Family Walk Friday Continues - Since December PACM has been working with Green Action Centre, Winnipeg Trails and Recreation Manitoba to get families outside and active during the COVID pandemic.

Family Walk Friday is as simple as getting your outdoor gear on and heading outdoors for a walk as a family. How long you go is up to you, where you go is up to you. The fresh air, physical activity and time spent in an activity together all provide benefits.

No registration required, no tracking of your time or distance, just get out and get active and encourage your friends and family to do the same.

Spread the word about Family Walk Friday to your community, friends and neighbours. Seeing your neighbours on the street with their families helps support regular physical activity and a sense of community for everyone.

During the current Covid pandemic it is critical to follow the rules and guidelines from Public Health. So, for now, keep your walking group to the family members from your household; don't congregate with other families and neighbours – a

wave and a quick hello is appropriate.

We invite you to join us in promoting Family Walk Friday to your members, followers and communities. Whether through Twitter [@PACM2016](#) #FamilyWalks; Facebook; newsletters - however you communicate.

COVID-19 Resources - PACM has added a page to the website that provides links to a variety of resources that support physical activity during the COVID-19 pandemic. Games, activity ideas, return to play guidelines, active videos and much more can be found [here](#). If you are aware of good COVID related resources that support physical activity please share by contacting us at pacm.mb@gmail.com and we can add to our listing.



PACM Membership Meeting
Jan. 22, 2021 - 10:30 am - 12:00 Noon Click [here](#) for details

The Sport for Life Canadian Summit Jan. 26-29 & Feb. 2-4, 2021 A virtual event that brings together leaders who work to enhance the quality of sport and physical activity in Canada. Click [here](#) for details.

The 2021 Canadian Concussion in Sport Virtual Symposium - Feb 9, 2021 Hear from sport leaders who have changed their programs to help prevent concussions and how the latest concussion data has impacted their organizations. Click [here](#) for details.

2021 PHE Canada Virtual National Conference - Feb. 16 - Apr. 15, 2021 A series of webinars covering six priority theme areas. Click [here](#) for details.

Recreation Manitoba 25th Annual Provincial Recreation Conference - March 9 - 12, 2021



Canadian Practices in Inclusive Recreation

This resource was developed by the Active Living Alliance for Canadians with a Disability and offers practical examples of policies, programs and practices to encourage continued growth in inclusion and access to recreation for people with disabilities across Canada. Click [here](#) to access the resource.



Webinar: Keeping Girls in Sport 7 PM **Jan. 27 2021** provided by Sport Manitoba and Bison Transport. Discussing action and experience with keeping girls involved in sport. This is a free webinar. Click [here](#) for details.

Webinar: Forward Together: Sport Leaders Share Their Gender Equity Journeys 1:00 - 2:00 PM **Feb. 10, 2021** by Canadian Women & Sport. Hear from sport leaders who took part in the Gender Equity Playbook Program as they share key factors that helped them create change. Click [here](#) to register for this free webinar.



Engaging adults with intellectual and developmental disability in Sport and Physical Activity

This blog provides recommendations for program leaders to adapt sport and physical activity to make it



Safe at Home Manitoba

This provincial initiative supports activities designed to keep Manitobans safely engaged in a

A virtual conference is being planned complete with a virtual tradeshow and other activities. Click [here](#) for more information.



2021 Jack Frost Challenge Feb 7 - 13, 2021

A free, week-long winter challenge for ALL Manitobans hosted by Green Action Centre. Gather a team of 1-5 family members, friends, or co-workers to complete 130 collective kilometres of outdoor activities. This could include walking, running, biking, skating, cross-country skiing, snowshoeing, tobogganing, & more! Click [here](#) for the details.

inclusive for adults with intellectual and developmental disability based on programming and research by the Adapted Physical Exercise (APEX) Research Group at the University of Windsor. Click [here](#) to read.



Risk from Pandemic Inactivity

Studies have shown that the restrictions placed on Canadians during the COVID19 pandemic have resulted in a significant reduction in our physical activity levels which can lead to some unwanted side effects. Click [here](#) to find out more.

Manitobans safely engaged in a wide variety of recreational, educational and active pursuits during the COVID restrictions. Click [here](#) to see the options and how to get involved.



Nature Prescription Program

Discusses Canada's first large-scale nature prescription program, allowing health-care practitioners to formally prescribe time outdoors to improve patient's mental and physical health. Click [here](#) to read.

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

PACM Coordinator
Roy Mulligan
Email: pacm.mb@gmail.com

If you no longer wish to receive these emails, you can [unsubscribe](#) at any time