

[View in browser](#)



## WMG 2021 Kansai announce updated Sport Information Guide 1st of March

The Sport Information Guides are currently being updated for each competition according to the new schedule of the Games, 13 May - 29 May 2022, most of them will be available on the Games website.

**Those who already registered** to participate in the Games **can confirm** their intention to participate and secure their spot in the competition.

**Registrations will open for all athletes 13 May 2021**

[LEARN MORE](#)



## APMG 2022 announce new dates for Asia Pacific Masters Games

The Asia Pacific Masters Games will now take place on **12 - 20th May 2023**. We'll continue to provide updates on the Games via our channels.



# THE ASIA PACIFIC MASTERS GAMES IN 2023!

12 – 20 May 2023  
#MastersTogether

## Do you already follow us on our social media channels?

Either on Instagram, Facebook, YouTube or LinkedIn: on these platforms, you find the latest news, photos and videos of our events. We share inspirational athlete stories and interesting information for the Masters Community. **Don't miss out on anything and start following our accounts !**



### *Worth thinking about...*

"Mental will is a muscle that needs exercise, just like the muscles of the body"

- Lynn Jennings  
Former long distance runner



## Key tips on Masters training from Olympic athletes and coaches

You've probably heard of the book 'Seven habits of highly effective people'. The same principles apply to cyclists: successful habits make successful riders.

[READ MORE >](#)

## Tips & recommendations from locals in Kansai

Discover the underground Table Tennis mecca at Kobe Metro Station.

[LEARN MORE](#)



## Throwback to... Quebec 2015

This month marked 6 years since the 2015 Quebec Winter World Masters Games ended.

All athletes gave their best at this 2nd Winter Games event in the freezing cold temperatures of Quebec.

Head to our website to reminisce on the best bits of this historic event.

[VIEW HIGHLIGHTS](#)



International Masters Games Association  
Maison du Sport International  
Avenue de Rhodanie 54  
1007 Lausanne  
Switzerland

You received this email as a member of the IMGA Masters community  
**You can unsubscribe here**

© 2019 International Masters Games Association