

Will represent Canada

Local mom to run at Disney

A Georgetown woman will be representing Canada in the 20th anniversary of the Walt Disney World Marathon Sunday.

Carrie Burrows, a fitness instructor who owns Georgetown and Acton Fitness Bootcamp, and a current member of the Disney Mom's Panel, will be taking part in the 26.2-mile marathon Jan. 13 at Walt Disney World Resort in Florida, and she will be blogging about the event.

Burrows has been a fitness advocate for as long as Walt Disney World has been holding its marathon.

"I was an overweight teen who learned about fitness for my own well-being and have been passionate about helping others that struggle with their weight, health and nutrition ever since," said Burrows.

She's been invited to take part in the marathon and has been blogging about her training leading up to the event and the entire marathon weekend.

"It is a big honour to be chosen. I am proud to represent Georgetown and Canada," said Burrows. "I hope to inspire other moms that are busy and don't think that they can include a regular fitness routine in their lives by showing them that it's possible."

As a mother of three young children, Burrows knows all too often that moms often put taking care of themselves on the back burner.

"You can't possibly take care of your family if you don't take care of yourself," said Burrows.

This will be the fourth runDisney event that Burrows has taken part in, adding a full marathon to previous half marathon events, which have included two Wine & Dine and Princess Marathons.

She has included her family in her fitness profession and passion for running, having her children take part in family fun runs and children's fitness

programs.

"It's so easy to show kids the benefit of a healthy lifestyle while having fun doing it together. To them, it's never a workout, but a fun time together. That's part of the magic of Disney as well. All the runDisney events are a fun and magical time. You don't have time to think about the distance because you're enjoying the sights, characters and entertainment along the way," she said.

You can follow Burrow's training program at www.thebootcampblog.com



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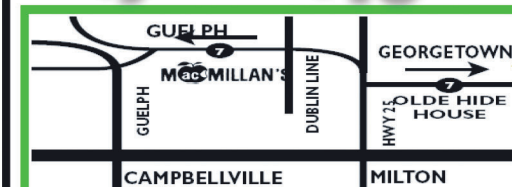
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