

**Chantal Boivin** is a well known Fitness Instructor in Sudbury.

She is a 36 year old mother of a beautiful 11 year old daughter who is her main motivation to be a strong female role model. She has been involved directly and indirectly in the fitness industry for 20 years. In those 20 years, she has trained herself consistently, done some personal training, has been a running coach for our local Running Room, a group fitness, Zumba and Yogafit instructor and has recently completed her TRX certification. She has been involved in competitive Dragon Boating since 2008 and has competed at World Championships in Malaysia where her team placed second in the world. Her most recent love is obstacle course racing. She has done several local mud runs and placed first in her age group last year at Met Con Blue which qualified her to race at OCR World Championships 2016. She raced the 15km course in October, which was held at Blue Mountain, and says the experience is like no other..."Such a wild challenge both physically and mentally!" She plans on training harder and more sport specific this year and hopes to qualify for and race at World's 2017.

Throughout her involvement in fitness and athletics, she's been recognized as a top 500 employee at Goodlife Canada, nominated for the Woman Of Distinction Award and was most recently voted Sudbury's 2016 Top Trainer of the Year for the Sudbury Star Reader's Choice Award!

Having struggled with eating disorders and depression, she has a true passion for trying to positively influence and motivate young girls and other women. She believes in living a healthy and active life and is passionate about helping others with their fitness goals. She has always wanted an opportunity to work with young girls/women to help them improve their self-esteem and overcome personal challenges through activity and healthy living.

Her love and passion for Fitspirit and Girls Run Sudbury is a true indication of her mission in life!

Girls Run Sudbury is proud to have Chantal Boivin among their Ambassadors!