



Bakersfield Teacher Breaks Dance Revolution Guinness World Record

September 13, 2016

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Bakersfield Teacher, Carrie Swidecki will be featured in the 10th Anniversary of the 2017 Guinness World Records Gamer's Book. Carrie has set the world standard for Exergaming by setting the overall longest video game marathon of all time by playing Just Dance for 138 hours. Carrie's 16 year journey that has taken her from obesity to a multi-world record holder with 11 marathon world records and over 400 high score world records in dance games. She has lost 75 pounds, went down 10 dress sizes all while chasing her Exergaming dreams. Carrie has used her passion for Exergaming in the classroom for the past seven years to help children learn how to "just dance" their way to healthy minds and bodies.

"My world records are truly community world records," shared Carrie Swidecki, Bakersfield educator. "It's a DREAM come true to be apart of the Guinness World Records Family and featured in 6 Guinness World Record Books since setting my 1st World Record on Dance Dance Revolution in 2011 and an honor to be featured in the 10th Anniversary 2017 Guinness World Records Gamer's Book as one of the top gamers of the decade," stated Ms. Swidecki.

The 2017 Guinness World Records Gamer's Book will be available for purchase at Barnes & Nobles or

on Amazon.com. Carrie Swidecki will be available for a ?meet & greet? at the following locations:

September 17- special guest at Dave & Busters for Dance Dance Revolution

September 30- Oct 2- Twitch Con in San Diego, CA

October 4 - featured in Gaming Record Breakers Book

October 8 - Hosting a workshop on Exergaming in the Schools at Kern Tech Festival

November 5 - 12 hour Just Dance Marathon for CSUB Extra Life event to benefit CMN Hospitals

November 19 - 12 hour Just Dance Marathon for BCHS Extra Life event to benefit CMN Hospitals

?I never imagined that at 40 years old and after surviving obesity, I would be setting the world standard for Exergaming by setting the overall longest video game marathon of all time by playing Just Dance for 138 hours. Its been an incredible 16 year journey that has taken me from obesity to a multi world record holder with 11 marathon world records and over 400 high score world records dance games. I lost 75 pounds, went down 10 sizes, while chasing my Exergaming dreams. I love being able to use my world records to bring awareness to fighting childhood obesity with Exergaming and raising money for charity! I have helped raise \$85,000 for charity by just dancing at events and with my world records as well as running several successful programs using Exergaming in the schools for physical education.??Carrie Swidecki

For more information or to schedule and interview please contact Janelle Capra, Capra PR at (661) 979-7609 or email Janelle@caprapr.com.

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