

PEOPLE

Siboney Saavedra-Duff

WHEN OPPOSITES ATTRACT

Why are educator-turned-health expert Leanne Cooper and her ex-military fitness guru husband Don Singe a match made in heaven? Siboney Saavedra-Duff finds out what makes this inspirational Aussie-based couple tick

SHE'S a fully qualified nutritionist, with more than 20 years' experience in health and education. She has recently been appointed to the Huggies Expert Panel and is the director of Cadence Health. He's the head strength and conditioning coach of the Manly Sea Eagles (NSW NRL), a well-respected fitness expert, the trainer of choice for many of Australia's elite athletes, and now also co-director of the newly launched Training Buddy Pty Ltd website.

Yet, when they first met almost two decades ago, Leanne Cooper and Don Singe were each studying and working in very different industries. Their personalities and manner are entirely different, too, and they've each forged very different professional paths. However, in spite of their dissimilarities, or perhaps because of them, theirs is a respectful, complementary and sympathetic union; a marriage as much of ideals as it is of individuals. And now, 19 years, a marriage, two sons and two blossoming careers later, that union continues to flourish just as strongly as their reputations and enterprises.

The Kiwi couple first met in Auckland in 1987. Leanne was finishing her studies in psychology and education; Don was a serviceman in the Navy. "We met at