

continues Don, "and well, that was it. We've been together ever since." "What I found so appealing about Don was his strong personality," explains Leanne. "There was nothing pretentious about him. He was spontaneous, and creative in his thoughts and actions. I thought he was gorgeous too – fit, toned, strong... I still feel the same about him now!"

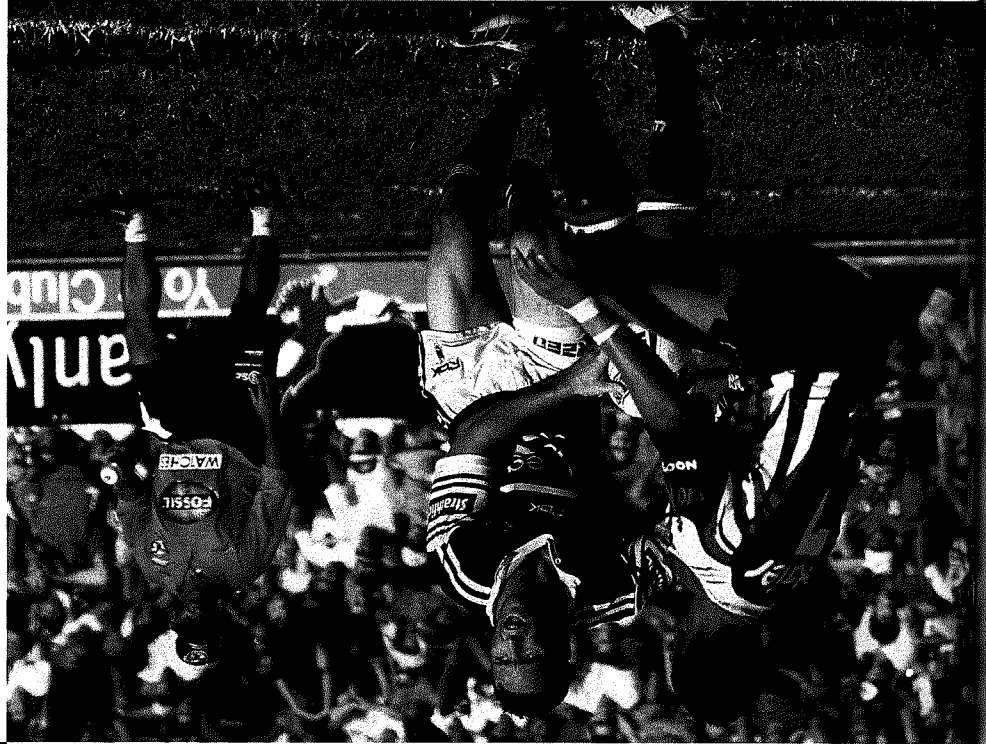
So what inspired the ex-naval serviceman and the educator to shift towards their current respective

Psychology and Education, a Diploma of Nutrition and a Post-Graduate Certificate in Higher Education. It's an impressive resume, and coupled with her gentle manner and emphasis on the science of nutrition, one that has opened many doors and seen the creation and success of Cadence Health.

For Don, the journey to his current career was a little different. "I've always been a very physically orientated person and intellectual pursuits were never my strong point."

And so began their respective careers in the health and fitness industries, and what could have been enjoyed as simply pleasant jobs quickly became avid vocations. As their careers expanded and their knowledge grew, each was keen to share with the other the information they had garnered and their experience in their particular professions. As a result, they both remain ardent supporters of each other's work.

"Don is very extroverted and larger than life, and I'm more an ambivert,



a club," says Don. "Leanne didn't know I was in the Navy at the time. I was young and well... I proceeded to be pretty much everything Leanne hated in a man. I drank a bit too much that night, I wasn't very well behaved..."

Leanne laughs, but despite the disastrous first impression, Don must've done something right because, the two of them made plans to meet again. "I invited her to come to a party that weekend,"

careers? "We lived in England for three years, and when we came back, I was quite sick and unhealthy... I wanted to get better and that led me to the 'healer heal thyself' sort of thing. I started learning about different things and going to seminars – I just loved it."

So inspired was Leanne by the subject of health that she returned to study with a focus on nutrition. Currently, her academic qualifications comprise a Bachelor's degree in

says Don. "When I left the military, I was good at directing and leading by example... I was very fortunate that I was at the forefront of the personal training business and aerobics." Don says he provided for the couple by being on the professional aerobics circuit and by working in gyms. And then he went on to get contracts to train rugby teams, and "studied at UTS and learned as much as I possibly could".

Don considers himself very fortunate that Leanne supported him as much as she could and has always been there for him. "And then she decided she was going to get into naturopathy and nutrition," he says. "I studied both." Leanne chips in, "but nutrition was what I was most passionate about."

