

more in the middle," says Leanne. "He's more laid back and I'm a bit more structured. We're very different in many ways. At the end of the day, though, I think what bonds us is that our underlying values are the same. We both have a strong commitment to humanity and justice, as well as a sense of fair play and balance."

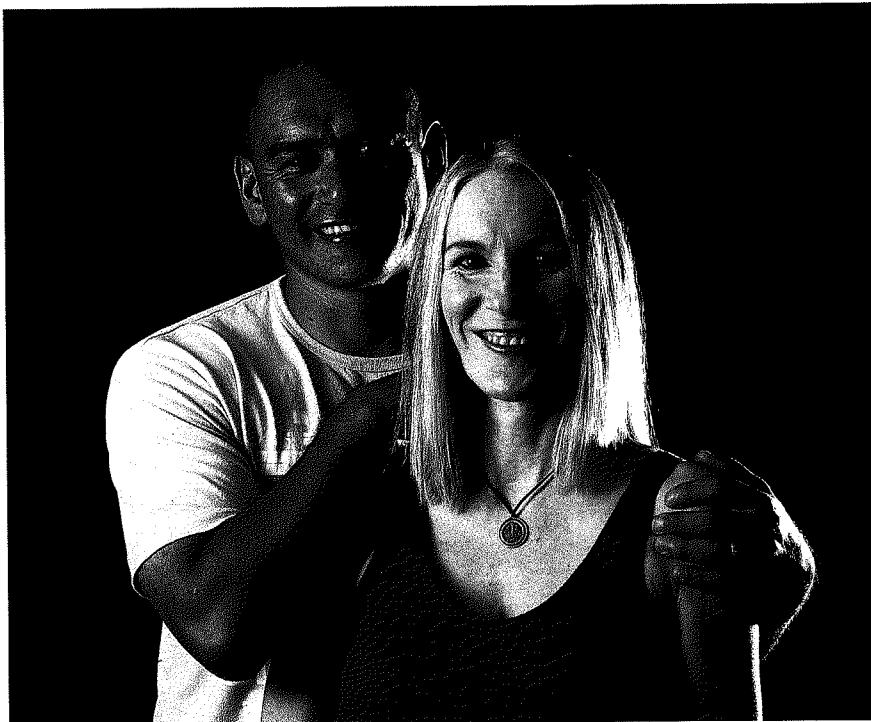
Asked whether there are ever any disagreements between them regarding health and fitness issues, they laugh and quickly agree that there are. However, it seems that for this couple, the disagreements are more a bond than a wedge.

"Oh yes, we definitely disagree," says Leanne. "On the use of some supplements, for example. Don is a big advocate of creatine and I'm not. I think it highlights our different approach. Don has years of actual experience with such things and I tend to reflect more on research (which, of course, often sways back and forth on many issues). However, we listen to each other and learn from each other."

And it's as much their differing attitudes and approaches, as their commitment to their work, that the other finds attractive and ultimately helpful in a professional capacity.

"Leanne taught me that fitness and health are two completely different things," enthuses Don. "When I met her, I was an extremely fit individual, but I lived on fried food and ate whatever I pleased... Leanne has expanded all of that for me. And when it comes to athletes and elite sports, she was the one who taught me that nutrition was integral to performance."

The couple's mutual respect is the basis upon which their hugely successful businesses revolve. Don's support of Leanne has seen her set up Cadence Health, a health education provider that specialises



in correspondence courses. These have all been personally written by Leanne. They are designed to help improve the health awareness and knowledge of both professionals and lay people in issues as varied as childhood nutrition, natural fertility, sports nutrition, natural weight loss, and motivation. Cadence Health also provides childhood nutrition fact sheets to hundreds of childcare centres around Australia and New Zealand. It is currently expanding into New Zealand and offering childhood nutrition courses through Parents Centre NZ. Leanne has also recently been asked to join the Huggies Expert Panel, to provide nutritional advice to members and website visitors.

In turn, Leanne is emphatic in her support of Don and of his achievements, such as being the head strength and conditioning coach of the Manly Sea Eagles. In this role, he provides personalised fitness training to an array of elite competitive athletes. He also

recently launched Training Buddy Pty Ltd, an interactive web-based personal training site.

It's been a busy decade, but their accomplishments are well earned, and born of hard work and a solid commitment to each other and their family. "What matters most to us is that we're creating a healthy mind-body environment, not just for ourselves, but also for our family, close friends and clients," says Leanne. "I guess, in essence, the best thing is sharing what you know with others..."

And if there's one thing that we've learned over our almost 20 years together, says Leanne, "it's that, while you can differ in personality and argue vehemently about all sorts of things, it's your underlying values that are your glue. Setting aside all the 'white noise' that we create in our lives and uncovering our basic set of beliefs is, I think, central to a long-lasting and happy relationship."

And Don, on this occasion, agrees wholeheartedly with Leanne. 