

Leanne Hamilton

Director and Founder of Wellness For You Pty Ltd which incorporates:

- **Swift Fitness:** A movement based studio based out of the Vermont South Medical Centre: <http://swiftfitness.com.au/>
- **Naboso Technology Australia:** Distribution of proprioceptive training mats and insoles
- **Australian Health and Wellness Summit:** An annual educational summit and expo encompassing a wide range of wellness topics. Look out for 2019 dates!

<http://www.australianhealthandwellnesssummit.com.au/>



During this interview Leanne and Vicky chat about the following...

- Leanne's journey from nursing and traditional 'hard core' personal training to functional fitness and becoming passionate about creating better movement in her clients
- Leanne's philosophy is to show people how to move better first. This in turn results in increased comfort and a greater desire to want to move and engage in exercise.

Barefoot Training

- Barefoot training is all about 'connectivity'. Listen to Leanne explain the benefits of barefoot training and how to begin training this way
- As Leanne says, "our bodies speak in PAIN, DISCOMFORT, RELIEF AND EASE - our bodies do not speak English!" Are you listening and responding appropriately to what your body is saying or are you 'covering things up?'

Naboso

- Naboso is all about taping into the nervous system through our feet - Barefoot stimulation whilst still wearing shoes. Listen to Leanne explain this amazing technology.