

LEANNE MONAGHAN

High Performance Coach



Leanne is in the best shape of her life. Now in her late 50's, she has defeated cancer, mitigated problems like thyroid and menopausal issues and she personally knows how hard aging can be.

Leanne was raised in a family with alcoholism and addictions and has had to deal with the repercussions firsthand.

She also faced her own demons with weight and addiction. She now uses food as fuel, medicine and enjoyment. Now Leanne wants to help others with her message.

AS SEEN ON:

