

#BOSSMAMA

THE ULTIMATE FITSPO

Motivated by her own children's AUTISM and ADHD, *Leah Chandler* decided she wanted to make a DIFFERENCE to ALL kids' lives.





“I FELT I NEEDED TO KNOW MORE ABOUT HOW TO HELP OUR CHILDREN COPE WITH LIFE...”

It was while learning methods to help keep her family fit and healthy that mama fitness expert Leah Chandler realised all school-age kids could benefit from the program she had been doing with sons Mitchell, 16, and Will, 12, and nine-year-old daughter, Madeleine. With two of her children having been diagnosed with Autism and ADHD, Leah knew first-hand the benefits that a healthy lifestyle had on children and their families.

“I was already teaching adult fitness and following a healthy lifestyle. However, I felt I needed to know more about how to help our children cope with life which included school and other social environments, and also to help our family understand and cope with each other,” Leah recalls. “This led me to completing my first yoga course so I could learn techniques that would help our family do just that.”

Leah and hubby Garrith had always loved kids, and were helping out at their kids’ school. “We started working with kids aged four to seven, teaching them functional fitness and kids’ yoga. There was so much improvement in their learning, fitness level, motor skills, coordination and balance that we felt we needed to continue the journey. We opened up programs for adults, kids and families outside of business hours and then continued to run programs in schools, early learning centres and like-minded organisations.” And so Kids-Fit Australia was born.

Leah worked with a mentor to build the Kids-Fit brand, setting up online systems and learning how to get the most out of the brand’s social media strategy.

Hitting its stride in the Northern Territory, where the Chandler family lived, Kids-Fit had proven itself



as a successful model. So when the family moved to Brisbane at the beginning of 2018, they took their growing business with them, hiring staff to meet the demands of their new location. “We have wonderful yoga and mindfulness teachers who work with us in the Northern Territory and Queensland, and who help us deliver our programs to all the kids we’re privileged to teach,” explains Leah.

Leah doesn’t plan to stop there though. “Our long-term plan is to see Kids-Fit grow and our programs run in every state and territory in Australia. We’d also love to see our new ‘Family-Fit’ online program in many homes in Australia. The program is starting to be recognised for being a good fit for *all* families, including families who are touched by special needs, particularly Autism and ADHD.” Go, mama! 🍌



Leah Chandler has created a business out of her passion.

Kids learn to regulate their emotions and live life to its fullest with Kids-Fit.

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