

Steph Prem

Former Olympian, Fitness Expert & Inspiring Speaker

Steph Prem is a former winter Olympian, an entrepreneur and a leading expert on women's health and fitness. She is also a successful motivational speaker who draws on her personal experience in elite sports, professional knowledge and passion to empower her audiences to make change in pursuit of a healthy and happy life.

Steph founded Melbourne's health and fitness destination Studio PP (studiopp.com.au), which has attracted high profile business and celebrity clientele. She is the resident fitness expert for Priceline Pharmacy, and wellness ambassador and face of Peninsula Hot Springs.

In 2017, Steph release her first online training program in partnership with Voome. She is a regular contributor to various health and fitness publications, including Body & Soul, news.com.au, Women's Fitness, Cosmopolitan, The Glow, Rescu, POPSUGAR Australia, 9Honey and Medibank BE.

Steph's knowledge, experience and passion also secured her a role as an expert commentator and panelist for Channel 10's coverage of the 2014 Sochi Winter Olympic Games and Channel 7's recent coverage of the 2018 Pyeong Chang Winter Olympic Games.

Following a traumatic exit from professional sport in 2011 Steph jumped wholeheartedly into an ongoing personal and professional wellness journey. She openly and honestly shares the hurdles she faced transitioning from professional sport to running her own business. Her dynamic and infectious personality add to her depth of knowledge, sporting experience and passion for personal and professional development. In an era where #fitspo reigns, Steph is a refreshing, genuine and educated voice, who is passionate about empowering others to take action to live their healthiest and happiest lives.

Popular on the motivational speaking circuit, Steph has delivered keynote presentation for Nike Women Australasia, Priceline Australia, Lululemon, Peninsula Hot Springs, and Art Series Hotel Group amongst many others. She has delivered her special brand of movement for Women's Health magazine, The Wellness Festival, Cotton On, the Australian Open, and Cricket Australia.



Prior to founding Studio PP, Steph was a five-time Australian Champion and the only female to represent Australia in the snowboardcross event at the 2010 Winter Olympic Games in Vancouver. She's a qualified personal trainer and Clinical Pilates instructor, and has been mentored by some of Australia's leaders in the health and fitness industry. If that's not enough, Steph has also studied musical theatre at the Victorian College of the Arts, a Bachelor of Arts at Deakin University and has worked as a dance choreographer for 5 years.

[VIEW SPEAKER'S BIO ONLINE ▶](#)