



Peninsula
Hot Springs



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Peninsula Hot Springs introduces Wellness Ambassador Steph Prem

**Steph Prem Founder/Director of premium-performance.com and Studio PP,
Melbourne's premium holistic health and wellness studio**



Peninsula Hot Springs is delighted to introduce Steph Prem as their wellness ambassador. Former winter Olympian Steph Prem is fast becoming one of Australia's leading experts and advocates for Australian women's health and fitness. Known as the Pilates 'It Girl', Trainer to the stars and for her witty and raw motivational speeches – In an era where #fitspo reigns supreme Steph is a refreshing, genuine and educated voice.

Steph was the only female to represent Australia in snowboard cross at the 2010 Winter Olympic Games. Following the games Steph suffered a horrific career ending accident that took her away from professional sports and jump wholeheartedly into an enduring health

and wellness journey. During her recovery, along with her weekly rehab and Pilates sessions Steph also found benefit from bathing at Peninsula Hot Springs. Steph's holistic approach to life puts her in line with the core values of Peninsula Hot Springs; this therefore makes her the perfect ambassador as she truly understands the benefits of thermal mineral spring bathing.

Over the next year Peninsula Hot Springs will run a variety of workshops and retreats for their guests that include sessions with Steph. General Manager Brook Ramage said "We are pleased to have Steph working with us to champion our Health and Wellness programs". The connection between Steph and Peninsula Hot Springs has been long standing as she visited the thermal pools throughout her recovery process, Brook goes on to say that "Steph embodies our true values and is an excellent wellbeing coach for the staff and guests of Peninsula Hot Springs".



"I'm very passionate about empowering, uplifting and educating people through movement and wellness practices and encouraging people to live their happiest and healthiest lives. I know from personal experience and my injury the huge benefits of thermal bathing and I'm thrilled to formally align myself with PHS and introduce more of my Pilates and wellness practices to the already incredible facility"

- Steph Prem