



SONIA KRUGER

Sonia Kruger's 2023 Gold Logie award cements her reputation as one of the industry's most loved and versatile performers. The award follows a busy year hosting prime-time programs *The Voice*, *Big Brother*, and *Dancing with the Stars* for the Seven Network.

As one of the hardest working people in the business, the Gold Logie for most popular personality on Australian television was a well-earned accolade.

A lover of dance and all things wellness, Sonia is also the creator of dance-based exercise subscription program, *Strictly You*.

After discovering dance at the age of 4, Sonia became one of the country's foremost dancers and landed the coveted role of *Tina Sparkle* in the hugely successful Australian movie, *Strictly Ballroom*. While on set, Sonia helped teach cast members how to dance. Her skills as a dance instructor have also been utilised by NIDA where Sonia taught for more than four years.

Sonia continued to remain in the public eye after *Strictly Ballroom*; on television as well as in theatre. She was a huge hit as a reporter on Channel Nine's revamped kids show, *Wonder World* and made several appearances in ABC-TV's *Three Men and A Baby Grand*.

In 1997 after completing an Arts degree at Sydney's University of Technology she joined Seven's long running morning and news show *11AM* as its entertainment reporter. She remained with the program for two years before moving to *Today Tonight*.

Profile

Talent Management

Between 2004 and 2011 Sonia co-hosted 11 seasons of the Seven Network's prime time hit show, *Dancing With The Stars*. Whilst with the Seven Network Sonia was a regular guest reporter for the current affairs program *Sunday Night*. In 2012, Sonia moved to the Nine Network to host *Big Brother* for 3 years. During her time at Nine Network, Sonia hosted the hugely successful prime time reality talent show, *The Voice Australia*. She could also be seen every weekday morning on *Today Extra*.

In 2019 Sonia launched her own fitness and nutritional program, *Strictly You*, the result of her lifelong love and passion for dance and wellness. Sonia created *Strictly You* with the philosophy to create fun dance-based fitness that isn't out to intimidate women with unrealistic workouts and unachievable food programs. Sonia says *Strictly You*, "is about being fabulous and that means different things to different people and that's definitely the mantra. One size doesn't fit all."

In 2020 Sonia announced her return to the Seven Network. CEO James Warburton described Sonia as "one of the best television talents in Australia". He added, "I speak on behalf of the entire Seven team when I say that Sonia was the one that got away."

Now firmly entrenched back at Seven, Sonia is looking forward to new future projects.

Sonia lives in Sydney with her partner Craig, and daughter Maggie.

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