

Zanna Van Dijk

London Based Health & Fitness Blogger, Personal Trainer, Fitness Model

BIOGRAPHY

Listed in The Times top 100 influencers and placing second as Cosmopolitans overall Influencer of the Year, Zanna van Dijk is one to watch. She is a London-based, Yorkshire-born personal trainer, content creator and co-founder of the sustainable swimwear brand Stay Wild Swim. Across her platforms Zanna focuses on topics related to fitness, plant based food, responsible travel and the great outdoors. She's the co-host of the BBC podcast Fit & Fearless, became the first UK global ambassador for adidas and has been on the cover of The Sunday Times Style, Women's Fitness and Healthy. Zanna leads group active travel experiences across the world from trekking up Kilimanjaro to hiking through the deserts of Jordan, and has worked with numerous tourism boards such as Visit California, Visit England, Tourism Australia and Pure New Zealand.

She advocates for a conscious lifestyle and endeavours to spread a responsible message, recently presenting a mini documentary series with BBC Earth titled A Plastic Planet. An ambassador for the Rainforest Alliance and Sea Shepherd, Zanna has spoken at Facebook, Google, The Telegraph and the United Nations about using social media for positive change. Most recently, she has tackled issues around female finances through online content and a series of events aiming to empower women to take control of their money.

Most recently, Zanna has been named in Forbes 30 Under 30 under Retail and Ecommerce for her brand Stay Wild.

