

MATTHIAS STEINER



Olympic Champion 2008

Matthias Steiner has taken people's hearts by storm. The touching life story of the Olympic Champion has moved many, and the sympathetic athlete has become a role model for young and old.

Matthias Steiner (*1982) grew up in Lower Austria and started weightlifting as a teenager. At the age of 18 he was diagnosed with type 1 diabetes. Steiner, who at that time was already one of Austria's best young athletes, remained true to competitive sport against the advice of doctors and only one year later competed for the first time at the European Championships in the adult category, where he came 16th. In the following years, he regularly participated in World and European Championships and in 2004 in the Olympic Games in Athens. In the same year, he moved to Germany for private reasons and in 2008 took part in the European Championships in Lignano for the first time under the German flag. He won gold, silver and bronze in various disciplines. As captain of the German national team, Matthias Steiner celebrated his greatest sporting triumph at the Olympic Games in Beijing in 2008: with a new personal best, Steiner wins the first gold medal for Germany in the super heavyweight category and the first German gold medal in weightlifting since 1992. With 461 kilograms in the Olympic total, he stood at the top of the podium and is thus the strongest man in the world in 2008.

In 2013, Matthias Steiner declared his retirement from professional sport. In 2015, he participated in the German version of "Strictly come Dancing" and impressed the audience with his dancing skills.

Despite the handicap caused by his illness, he has managed to stand at the top of the podium several times in his life and thus shows like hardly anyone else how one can emerge stronger from setbacks and defeats and how one can achieve anything with will and discipline.

In his lectures, Steiner describes his ambitious and determined sports career and shows how he achieved the highest goals despite major health problems. Matthias Steiner is an expert in self-motivation and conveys this in an impressive way in his keynotes.