

April 08 - Erika Heynatz, Singer and Television Personality

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As an ex-model, a television presenter and a health fanatic, Erika Heynatz knows a thing or two about looking good. Heynatz was recently named the Australian ambassador for Power Plate, a workout machine that uses vibration technology to make for faster fitness results ([click here](#) for more info, or to locate a Power Plate gym near you). Here, she shares her top body and beauty tips.

What do you like about Power Plate?

"Its convenience and its capacity to recruit a number of muscle groups simultaneously, thus maximizing the workout. I think it has intensified the toning part of my workout and the focus stretching and relaxation is definitely beneficial. My strength, circulation and metabolism have definitely bumped up a gear since I've been using it."



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