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WEEKLY AUSTRALIAN
OK!
BEYOND THE RED CARPET

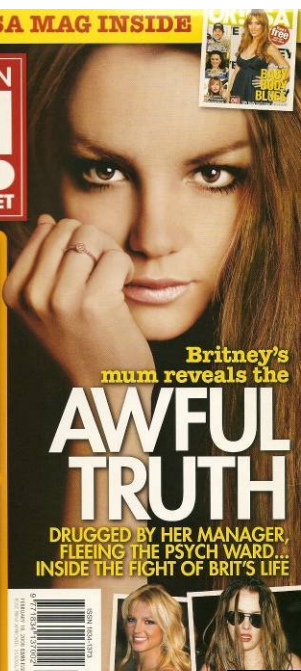
JAKE'S
PROMISE
O HEATH



HOW MARIAH
GOT HER FAB
NEW BOD!



FASHION SPECIAL!
Megan
Gale
DAZZLES IN
WINTER'S HOT
NEW LOOKS



Britney's
mum reveals the
**AWFUL
TRUTH**

DRUGGED BY HER MANAGER,
FLEEING THE PSYCH WARD...
INSIDE THE FIGHT OF BRIT'S LIFE

Double trouble! JLo on the
trials of her twin pregnancy



Erika's secrets

1. 'I get heaps of exercise and I'm a passionate eater'
2. 'I try to sit still for five minutes each day. I try...'
3. Vegetable juice
4. Silk pillowcases to cure 'serious post-slumber face creases and dreadlocks'
5. Vibration training on Power Plate
6. And lastly... 'I get a lot of love and a reasonable amount of sleep!'

OK! Magazine
February 18, 2008

What's the Power Plate all about?

It's a vibration platform great for strengthening and toning [Madonna and Kylie are hooked, too!] My body is more refined and feminine since using it. The greatest results have been postural – my core muscles are much stronger. I used to do heaps of weights but now, rather than doing 40 minutes of weight training, I'm getting the same results in just 15 minutes.

Star body talk

ERIKA HEYNATZ

Too busy to work out? Erika says do the best you can with the time you have!

When she's not hosting TV shows (*It Takes Two*), Erika's shooting movies (the supernatural action flick *Gabriel*) and producing her first album. I'm looking to release my single this year,' says the super-busy Aussie. So, how does she find the time to stay so healthy?

How do you fit exercising around your busy career?
It's almost impossible! I think variety is a really good way to approach fitness. If I'm in a hotel with a gym I'll do my own version of a spin class and I travel with a yoga DVD. If I'm on a film set, I'll take a skipping rope and if I've been stuck in a studio for hours I'll go for a run in my break.

What's an ideal workout week?
Mondays and Wednesdays I do spin, twice a week I do a softsand run and a swim, and I do a yoga class once a week. I also do one hour-long run and use a Power Plate for 15 minutes, three times a week.

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How important is exercise to you?

It means sanity! It means I've got lots of energy. If I didn't train hard and eat well, I would lack the energy to do the trillions of tasks I throw at myself. Being healthy translates into everything I do. I've got an optimistic attitude and approach to work and to my relationships.

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DIET PLAN

When it comes to food, Erika plays by the rules

While she can't resist 'good' greasy Mexican, Erika generally stays on the straight and narrow when it comes to meals. Fresh vegies and lean protein keep her energy levels up. Two days before she hits the red carpet, Erika finetunes by 'staying off salt, booze and carbs – anything that makes you puffy.'

BREAKFAST



A ginger, beetroot, lemon, orange, apple and carrot juice followed by an egg white burrito

LUNCH



A tuna or chicken salad – it's packed with protein and antioxidants to keep energy levels high

DINNER



Salmon or white fish and vegies. 'If it's take-away, I usually have Thai – it's the healthy option'



For Erika, exercising and health means 'sanity.'
Top left: With hubby Andrew Kingston