

Star tricks to get you in great shape

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BODY TIPS

# Bodyblitz



## PARTY PERFECT

Tips for a fit and fabulous silly season

Worried what that bulging social calendar will do to your bikini bod? Aussie model and TV personality Erika Heynatz spills her secrets to a healthier holiday...

### Clean food

"Go for a cleaner diet," says Erika, who zones in on light meals and orders healthy fare online from EATFITFOOD whenever it's time for an overhaul. EATFITFOOD's tailored meal delivery programs, from \$320 for a 5 Day Cleanse, are available in Melbourne and Sydney at [eatfitfood.com.au](http://eatfitfood.com.au)



### Smart sipping

At the bar, Erika suggests sticking to vodka and soda or tequila with fresh lime. "Stay clear of salted rims, though, or you'll wake up the next day with swollen eyes," warns the star, who also likes fruit-juice-based cocktails and lots of soda water.



### Protein prep

Erika swears by a pre-shindig protein shake. "A powder that has some chromium in it stabilises your blood sugar, so it stops sugar cravings, and is also good for your nervous system," she says.



Try Body Shaping Protein For Women \$34.95 [bodyforwomen.com.au](http://bodyforwomen.com.au)

### Quickie routines

Keep fit on the go by squeezing in clever workouts, says Erika. "When you're travelling, take a skipping rope - 15 to 20 minutes of interval training on the skipping rope is a massive fat blaster." Try Everlast Champs Speed Skipping Rope \$9.99 [rebelsport.com.au](http://rebelsport.com.au)



### Super snacks

Trying the canapes is OK, but avoid creamy sauces and things like mini burgers. Anything that looks naughty probably is. "Go for stuff that looks the most colourful and fresh," explains the leggy 35-year-old.

