

health & beauty.



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ISSUE 10

plus

beat the heat

OUR SUMMER BEAUTY
SURVIVAL GUIDE

brekkie special

HAYDEN QUINN'S
BALI-STYLE PANCAKES

Erika
HEYNATZ

"Fresh ocean air and a swim is the ultimate cure-all"

Erika Heynatz



MODEL, SINGER, ACTRESS, COMPUTER GAME CHARACTER ... IS THERE ANYTHING ERIKA HEYNATZ CAN'T DO? THE DOWN-TO-EARTH STAR, SOON TO BE SEEN AS MAGENTA IN THE ROCKY HORROR SHOW, SHARES HER HEALTH AND FITNESS SECRETS.

INTERVIEW BY:
POLLY SIMONS

PICTURES BY:
MARTIN LANGE



What does a typical day look like for you?

5.30am up and train for an hour at the gym or beach run, yoga stretch and swim, then 20 minute sleep in the sun or meditate and breakfast.

Then I head into the city or the theatre. Rehearsals are 10am-6pm six days a week, and then it is a one-hour warm up, with two-hour evening shows six days a week when on tour, and double shows on the weekends.

The schedule is physically very demanding with all the singing and dancing, but fantastic fun.

If there's time in the evenings, an hour's walk with my husband around Long Reef headland, then to bed at 10pm during rehearsals, and around 1am during show season.

How do you juggle keeping healthy with such a hectic schedule?

I'm really organised when it comes to food. I have no shame in admitting that my meals are always top of mind and my lunch is packed the day before.

I make three mini lunch boxes of chicken or lamb with veggies, along with fruit, ready-to-mix protein drinks, iced teas and iced black coffees in small bottles, nuts and Quest bars for on the go snacks. Miso soup and tinned tuna is also great to travel with during long rehearsals or PR tours away from home.

What keeps you motivated?

Health and wellbeing are such huge motivators for me. If I'm healthy, I'm generally mentally happy and driven to achieve anything I set my mind to.

Living in a beautiful environment, with a supportive and loving husband, friends and family, helps keep me stay true to what's really important in life.

I am always seeking new adventures personally and professionally, which keeps me motivated to do, learn and see more of the world.

What is always in your fridge?

Loads of fresh herbs, juicing fruit and veggies, biodynamic natural yoghurt, strawberries, blueberries, mangoes, avocados, cos lettuce and rocket,



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FACT FILE

WHO: Model and TV personality and star of the *Rocky Horror Show*
Erika Heynatz
LIVES: Collaroy
WEB: rockyhorror.com.au



Where will we find you on the northern beaches?

- Mexicano in Narrabeen is my go-to for a fun night out: corn on the cob and fish tacos washed down with a margarita would be my death row meal.
- Dragonfly Collaroy is a favourite. The food is so beautiful, fresh, flavourful and well-priced.
- Armchair Collective in Mona Vale for flowers and a lazy lunch.
- Outpost Espresso at Long Reef for a carb fix of delicious crusty bread toasted sandwiches on the go and nice strong Campos coffee.
- Animal Kingdom in Cromer is great for a serious gym workout – amazing, all the latest and greatest toys to play with.
- Nokkaew Thai in Collaroy is clean, spicy takeaway perfect for a cheap, healthy eat.
- The Italian Pasta Company in Dee Why does really fantastic thin pizza and an amazing rocket salad that I'm totally hooked on.
- I like to hit up Thomas Dux for delicious treats, healthy road trip snacks, and easy-prep meals.



fennel, broccolini, zucchini, corn, fetta, black and green olives, pesto, mustard, pickled ginger, peanut butter, organic eggs, chicken, lamb backstrap, salmon, coconut oil, protein powder, apple cider vinegar, cacao powder, almond, soda water, Veuve Cliquot, iced herbal tea, Quest Bars, Black and Green Dark Chocolate and natural jellies.

What is your go-to dish for a quick dinner?

Pan-cooked, pepper-crusted salmon with steamed broccolini and a salad of shaved fennel, rocket and continental parsley with lemon juice and olive oil. The perfect 10-minute meal!

Are there foods you try to avoid?

I'm not really of the mindset that any kind of food is the enemy unless it's been seriously tampered with in terms of cooking, preserving and packaging. In essence, I just try to avoid heavily processed food in favour of fresh, clean produce that's as close to its natural state and season of harvest as possible.

How do you beat stress?

I learned Vedic meditation from a beautiful teacher called Gary Gorrow in Avalon, and it's become a wonderful and essential part of my life. I try to do that at least once a day.

Everyday exercise really is my elixir and stress fixer. It is such an immediate and transformative tool.

Even if it's a slow cruise on a bike around Narrabeen Lake, it quickly shifts your perspective into a positive and balanced place.

How do you like to wind down?

Music combined with cooking is a lovely way to wind down, and fresh ocean air and a swim is the ultimate cure-all.

I love nothing more than seeing a movie in the grand cinema in Warriewood. Those big, plush, red fold-back chairs are the perfect escape into another world. Especially if paired with popcorn.

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