

Meet the Valley's Fitness Vixen

Written by Nadine Toren

[Television](#) personality and AZfoothills.com columnist Nadine Toren is scouring the area, finding savvy Valley features, bringing readers “on the scene.” Every day she'll introduce you to [celebrities](#), athletes, and give you an inside look into local events and hot spots. She'll touch on topical issues, and keep AZ fans posted on all the big talkers around town.



Your body, your sanctuary. Check out how one Scottsdale resort is giving you A-list exercise education.

She struts her stuff on her work-out video, helping you get that bangin' summer body.

Yes, Valley girl Kara Thomas is spilling her weight loss secrets featured on her DVD, “Kara Thomas’ 50 Minute Fitness.”

“It’s a perfect blend of fitness fusion; cardio, weight training, yoga, and abs,” said Kara Thomas, health-conscious guru.

Thomas spends her days at Scottsdale’s serene Sanctuary Resort heading the hotel’s wellness facility. She’s been in the fitness biz nearly 20 years, and takes pride in helping people get in shape.

“I feel you have to find something you enjoy to keep you motivated,” said Thomas.

Thomas became extremely motivated to hop on exercise education after her mother passed away from cancer. She says her single mom devoted her entire life to her children; therefore, not making herself a priority. Thomas feels you must keep yourself on a personal A-list, giving your body daily T.L.C.

“To stay healthy, you need to work out 3-5 times a week, at least 20-60 minutes a day.”

And that’s where her DVD comes in. It was filmed at Sanctuary overlooking the comfort of Camelback Mountain. For \$24.99, she’ll teach you via the TV how to get that bikini bod—a must-have for Valley vixens.

“The DVD also comes with a work-out band.”

However, if you prefer working up a sweat outside your house, head to the Scottsdale resort. That’s where you can find Thomas flaunting her fitness expertise, spearheading an array of 40+ classes, courtesy of Sanctuary.

“We offer everything from Pilates, to aqua classes, and even a Dance Body Barre.”

And that dance class is surely bound to get you beautiful. It’s a full body, aerobic workout toning the muscles.

But if you need a little more one-on-one assistance, the Sanctuary fit center offers elite customized wellness retreats.

“We can personalize programs for any level. For example, we have a weight management retreat if you’re looking to shed some pounds.”

The retreats were recently given two-thumbs-up in the May and June issue of “Pilates Style Magazine,” and while the full-day to multi-day retreats will definitely run you a few bucks, Thomas says the outcome will be well worth it.

“If you can’t afford a retreat, you can always opt for our ‘Be a Member for a Day’ package available Mondays to Thursdays. Any Arizona resident will love it.”

For \$145, you’ll get a 60-minute spa treatment and access to all the fitness facilities and classes. You can also indulge in some R&R poolside at the Sanctuary and feast on a healthy Bento box lunch.

And here’s some food for thought...Thomas says if you want to drop pounds, you’ll definitely want to check out the facility’s cardio class. That’s because you need to run off your weight 45-60 minutes a day, 5 days a

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week *and* slash your daily caloric intake by 250 calories.

“Practice portion control. Divide your dinner plate into three sections. Fill the smaller two with whole grains and lean meats, and the remainder with vegetables.”

Yep, you'll want to fill up on leafy greens, giving you a gorgeous girly figure your guy will surely adore.

To order Thomas' DVD, visit: www.sanctuaryoncamelback.com



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