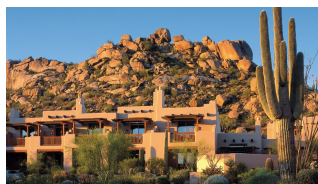


Written by Written by Kathy Shayna Shocket

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**Kathy Shayna Shocket has breathtaking views on the stories that make headlines.**



**The trails and the CHEFS at the Four Seasons Scottsdale await you!**

With the fundraising party season in full swing, many people are trying to get in, or stay in shape to look great on the red carpet, or to simply be able to indulge (without guilt) in those elaborate desserts.

So, here's a healthy way to also take advantage of the perfect weather: Take a leisurely hike and then relax with a healthy brunch. Especially if Scottsdale is in your backyard!



Not only have the chefs at the **Four Seasons Resort Scottsdale**, created menus with healthy options - (and welcome new **Executive Chef Chuck Kazmer**), but the resort is nestled within the foothills of Pinnacle Peak. The trails on 150 acres, are easily accessible, with a couple of options for all different levels of hikers.

It's a casual stroll (perhaps with the kids, too) or a faster paced workout of your choice. Not to mention the breathtaking views.

After soaking up the Arizona landscape of the towering, multi-armed saguaros and other magnificent cacti (and if your lucky some wonderful wildlife) - soak up the unique Americana atmosphere of Proof.

(Pictured below are Four Season Chefs **Dell Morris** and **Samantha Sanz**.)



Kudos to **Chef Dell Morris** for the healthy homestyle menu choices! (By the way, **Chef Dell** grew up in Fort Thomas, AZ with a population of less than 300 people. His family had gardens of fresh fruit and vegetables and learned how to cook it all at a young age.)



## AZ Insider: Pre-Party Workout- Hike & Brunch at Four Seasons Scottsdale

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You can also indulge in a later hike to take advantage of the magnificent Arizona sunsets. Then reward yourself at the Four Season's **Talavera**. The menu features some healthy evening protein options. At the helm of the upscale steakhouse with New American cuisine spun with authentic Mexican touches, is **Chef Samantha Sanz**. Samantha, who went to Paris to learn how to cook, was, at 26, was the youngest female Chef de Cuisine currently working at any of the Four Seasons in North America.

Here's to your looking healthy on the red carpet of the next fundraiser!



**Kathy Shayna Shocket** is a freelance Writer, and TV- Field Producer based in Phoenix, AZ. The former **TV-Reporter** has written for publications such as **TIME Magazine, Money Magazine, PEOPLE Magazine, The Hollywood Reporter** and **The NEW YORK TIMES**. You can reach her at [redcarpetgirl@aol.com](mailto:redcarpetgirl@aol.com)