

## DISCOVERY

### SPIRITUAL FITNESS

Former collegiate first baseman for a championship Central Arizona College softball team, Crystal Waltman, 42, shares what she calls “spiritual fitness” in her book *Quitting to Win*. It is based on her life experiences in overcoming alcoholism and other destructive habits.

After graduating from CAC, she transferred to Arizona State University, where she earned a degree in communications and later pursued a career in fitness and nutrition.

Waltman, who grew up in Glendale, is a fourth generation Arizonan who knows the value of taking care of herself so she can be of service to others. She has coached nutrition and fitness for more than 20 years, but her message of hope is more about the spirit than the body. Through the lens of experience, she delves into the issues of teen alcohol consumption and competitive teen athletics.

She relates her raw stories of triumph over tragedy—including sports, sobriety and spine surgery—providing a message of hope to those with anxiety, depression and addiction.

*Quitting to Win* is available on Amazon as well as on her website, [crystalwaltman.com](http://crystalwaltman.com).



### NIGHT SKY

Scottsdale's first and only dark sky zone resort opened in October. Adero Scottsdale, the culmination of a \$100-million investment by Palisades Resorts LLC, Marriott International's Autograph Collection Hotels, sports elevated views of the Four Peaks and McDowell Mountain Range.

Named after the canyon that surrounds the resort, Adero will connect guests to its natural setting in the heart of the Sonoran Desert with an offering of outdoor adventure, fitness activities, nature experiences, art, wellness cuisine and culture. Rising from the desert foothills, the summits of the Four Peaks wilderness frame the resort's view. The six-story resort features 177 rooms, including 16 oversized suites outfitted with the latest technology, custom furniture, a simple design palette that reflects the colors of sunrise, trailhead-inspired dreamcatchers and expansive balconies. Ninety-five percent of the accommodations are positioned to take in the panoramic mountain vistas.

Additional amenities include a boutique spa with a menu of body and facial treatments, markets featuring local vendors and telescope tours of the galaxy led by official “Dark Sky Zone” guides.

The resort's signature restaurant, Cielo—meaning “sky”—offers cocktails crafted with regional tequila and mezcal. The menu includes inventive cuisine created with regionally sourced ingredients, as well as partnerships with local companies.

The resort also is equipped with more than 16,800 square feet of indoor and outdoor meeting space. Adero is located at 13225 N. Eagle Ridge Drive in Scottsdale.