

## Meet Ash Adams, Certified Pilates Instructor

Ash Adams is owner of Just Breathe Pilates in Carefree, and a founding champion of the Land Trust's Prescription for Nature program. Personally and professionally, she believes that time spent in nature and mindful movement makes for a stronger and healthier you. Specializing in spine corrective/therapeutic programs, she designs highly individualized sessions for each client to create proper body and muscle alignment, helping them obtain their fitness goals, and enjoy an active lifestyle. She explains that Pilates is about restoring and maintaining the health of your body through the enjoyment of movement, keeping you free from pain and active so you can keep doing what you love. For Ash, her love is simply spending time outdoors, but she particularly likes hiking, camping, traveling, sailing, parachuting and anything that has to do with flying. Like Pilates, she believes that nature has a positive effect on your overall well-being, one of the many reasons that she became involved with Desert Foothills Land Trust.

Originally from Dallas, Texas, Ash moved to Scottsdale in 1984 making Arizona her home and ultimately the birthplace of her son. At the age of 40, he was her personal miracle, the greatest joy in life and her last "chance" to start her family - which appropriately became his name. As a single mother, she worked many years in a successful career, but wanted to make a change for herself. Her philosophy in life aligns well with her favorite quote by Ralph Waldo Emerson - "What lies behind you and what lies in front of you, pales in comparison to what lies inside you." With much determination and a lot of hard work she became a Certified Pilates Instructor and started her own business seven years ago in Scottsdale.

After building her business, it came to light that a majority of her clientele reside in the Carefree/Cave Creek area, so she moved her business to Carefree. Ash loves being in a small community and does what she can to support it. In her prior career it became clear to her that there is an inherent value in undeveloped land, "you can't manufacture more of it - it is finite and should be treasured". A lesson that still resonates with her and reinforces her passion for the important work that the Land Trust does. She is not only an avid believer in maintaining a healthy lifestyle, she's a champion for protecting the health of our natural world, too.



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