Featuring Donna Adler

Submitted by Barb Batson

Immersed is a good word to describe Donna Adler, an avid aquatic fitness professional who has continued to make her mark in the industry for over 24 years. As owner of Liquid Assets for Fitness, her work with clients of all ages helps them to obtain, retain or regain fullness of life. The warm climate of her pool abundant Arizona is the perfect location for her mobile fitness business. In addition, Arizona, being a choice retirement destination provides opportunities to serve older adult populations, a work for which she has a passion.

A quick look at her bio reveals Donna's leaning toward life-long learning, first acquiring leader credentials and then becoming a trainer for a variety of modalities starting with the As – Aquatic Exercise Association, Aquatic Therapy & Rehab Institute, AFAA, Ai Chi, Arthritis Foundation, and Aquastretch. Her embrace of the aquatic education focus within these organizations began the evolution from class leader, to trainer, to her current role as sought after presenter and speaker.

Donna never lets a learning opportunity arising from a client challenge or personal interest pass her by. She digs deep to explore topics, applies what she learns for the greater good of those in her care then shares what she learns with other fitness professionals. This practice has earned her the reputation as educator through the written word.

Donna embraces not only wellness through aquatics but also a holistic approach to wellbeing. She was committed to integrative health before it gained acceptance and popularity in medical circles, ever fine-tuning her skills. Honored to be among Laura Alden Kamman's first group of trainees outside of the hospital setting she continues her studies at the Center of Applied Energy Medicine in a Medical Intuitive Training program.

Donna seeks no credit for her work but savors the wellbeing her clients enjoy as a result of her contact with them. This delight expands exponentially as wellness professionals she trains enhance their skill to benefit their clients and class participants. For many years she’s been part of the Arthritis Foundation training team, assuring their Programs for Better Living are available to her community and beyond, earning her December 2013 recognition as Pacific Region recipient of Regional Public Health Partnership Award: University of Pittsburgh Community Service Award. She is also the recipient of 2012 ATRI Tsunami Spirit Award.

Donna’s aquatic outreach gives rise to friendships that span many years and miles. Donna introduced me to alternative therapies. I am ever grateful for her help opening a new door to well-being. Terri Mitchell says, 'Donna Adler has many loves...her family and dogs, AquaStretch', Tai Chi, almond butter, laughing out loud, teaching aquatic rehab classes, cruises, and healthy eating. She is a hard worker and committed to ATRI, AEA and Fitness Fest.' Mary Wykle considers her to be the ultimate professional, dedicated to working with people with disabilities and special needs.

For final beam of the Donna Adler spotlight, I asked what she'd like to be when she grows up. Her answer, ‘Happy and at peace and fully realize God with all my heart mind and soul!’

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