



STATERA

Integrated Health & Wellness Solutions

Allie Saunders,
NBC-HWC, NSCA-CPT
*Board Certified Health & Wellness
Coach and Certified Personal Trainer*

I believe wellness works best when it's personal, flexible, and rooted in real life. I focus on behavior change, body awareness, and practical strategies that support nutrition, sleep, stress management, and movement--recognizing that wellness shifts across different seasons of life.

- Sustainable Nutrition Habits & Behavior Change
- Sleep Hygiene & Recovery Support
- Stress Management & Nervous System Regulation
- Strength Training & Functional Movement
- Women's Health Across Life Stages
- Pre- & Postnatal Fitness

At Statera, we offer traditional medicine, holistic healing, fitness, and nutrition services to support your whole-person health and wellness—mind, body, and spirit. Our multidisciplinary team collaborates to provide individualized care tailored to your unique needs and goals.



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Allie Saunders, NBC-HWC, NSC-CPT



Allie's work is shaped by both professional training and personal experience. Like many, she once struggled with her relationship with food and the pressure of diet culture, believing that restriction and rigid plans were the path to better health. Instead, that approach led to low energy, frustration, and burnout.

Through continued education, inner work, and small daily behavior changes, Allie developed a more supportive and sustainable approach to wellness—one she now brings to her clients. Her client-centered coaching style emphasizes collaboration, self-awareness, and realistic strategies that adapt to each season of life.

Allie's mission is to help individuals feel confident in their bodies, informed in their choices, and supported in building a balanced, fulfilling lifestyle.



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