



# STATERA

Integrated Health & Wellness Solutions

**Nicole Hutchison, PT, CSCS**  
*Licensed Physical Therapist,  
Integrative Health Coach*

*Nicole's philosophy of care centers on partnering with clients to gain clarity around their life purpose and core values, and to explore how these can be used to enhance their overall health and wellness.*

- Gut Health
- Hormone Health
- Integrative Nutrition
- Disordered Eating
- Mindfulness
- HearthMath
- ACE Health Coach
- ACE Behavioral Change Specialist
- ACE Senior Fitness Specialist

**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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Nicole Hutchison is the owner and CEO of Statera Integrated Health and Wellness Solutions. She is a licensed physical therapist, Certified Strength and Conditioning Specialist (CSCS), and dual-certified health coach through ACE and the Institute for Integrative Nutrition. “Statera” means “balance” in Latin, and Nicole strives to cultivate balance in daily life for both herself and her clients. Growing in her own life purpose and core values—faith, family, and career—has fueled her passion for her work at Statera and with the clients she serves.

I am proud to be part of a team dedicated to helping clients improve their health and wellness—mind, body, and spirit. Statera’s growth and the positive feedback from the community have been a true blessing, and our team looks forward to continuing in what we believe is the future of healthcare.

Outside of Statera, I cherish time with family and friends, as well as moments of quiet and stillness. I enjoy reading, quilting, cycling, hiking, camping, and traveling.

