



Nicole Hutchison ~ PT, CSCS, Holistic Health and Integrative Nutrition Coach

Nicole Hutchison, owner and CEO of Statera Integrated Health and Wellness Solutions is also a Licensed Physical Therapist, Certified Strength and Conditioning Specialist, and a dual certified Health Coach with ACE and the Institute for Intregritive Nutrition. Nicole utilizes a wide variety of treatment techniques from her PT foundation to work primarily with clientele. Nicole enjoys working with clients to find balance in daily life with nutrition, hydration, fitness, sleep and stress management.

My ongoing vision for Statera is to combine traditional medicine, holistic healing, fitness, nutrition and yoga under one roof. We offer a variety of options to optimize your health and wellness - mind, body and spirit. I am thrilled to bring together a multidisciplinary team of like-minded professionals committed to providing a unique healthcare experience.

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breathe... inhale hope. exhale healing.

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- Wellness Coaching
- Mindfulness
- HeartMath
- Gut Health
- Hormone Health
- Meditation
- Integrative Nutrition
- ACE MindBody Specialist
- ACE Functional Aging Specialist
- ACE Behavioral Change Specialist

Statera Integrated Health and Wellness Solutions

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At Statera we bring together traditional medicine, holistic healing, fitness, nutrition and yoga under one roof. Our multidisciplinary team of providers work together to address your healthcare needs mind, body and spirit.

