



# STATERA

Integrated Health & Wellness Solutions

**Lori Ballew, CN, RYT-200, CPI**  
*Certified Nutritionist,*  
*Yoga & Pilates Instructor*

*Lori Ballew's philosophy of care centers on an integrative, evidence-based approach that combines personalized nutrition and mindful movement to support whole-body healing, balance, and sustainable well-being.*

- Personalized Nutrition Coaching
- Holistic Health Coaching
- Hormone Health & Metabolism Support
- Family Friendly Meal Planning
- Yoga & Pilates Fitness
- Sustainable Weight Loss & Strength Building

**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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## Lori Ballew, CN, RYT-200, CPI



Lori Ballew is a certified nutritionist, a 200-hour registered yoga teacher, and a certified Pilates instructor. She holds a bachelor's degree in Applied Science and is currently completing her bachelor's degree in Holistic Nutrition. Lori's integrative approach combines evidence-based nutrition with mindful movement, offering clients a comprehensive path to healing and wellness. She is dedicated to lifelong learning and continually expands her knowledge through ongoing education in holistic health, movement, and nutrition. This commitment ensures her care is grounded in the most current, evidence-based practices.

I'm passionate about helping people feel good in their bodies—physically, emotionally, and energetically. Through mindful movement and personalized nutrition coaching, I love helping clients create sustainable routines that support hormone balance, energy, and overall well-being.

My husband and I are raising four kids and enjoy hiking, gardening, cooking at home, and traveling to the mountains. We find joy in living close to nature, and I bring that same grounded, nature-inspired energy to my sessions, creating a space that feels supportive, empowering, and real.



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