

TACTICAL WELLNESS FOR OPERATIONAL READINESS

WHO WE ARE

For over 30 years, Millennium Health and Fitness has been a trusted leader in optimizing human performance through mission-ready health and wellness solutions. We specialize in serving military personnel by enhancing physical conditioning, mental resilience, and operational longevity through performance-focused programs. From preventive care to deployment readiness, we equip military and federal organizations with the tools and support needed to excel in demanding environments.

CORE COMPETENCIES

- Operational Health Promotion
- Tactical Wellness Assessments
- Mobile Readiness & Recovery
- Performance-Driven Health Education
- Combat-Ready Fitness Center Management
- Mission-Focused Group Training
- Facility Design for Tactical Performance
- Preventive Equipment Maintenance
- Procurement Services
- Military Health & Performance Fairs



KIAM BOEREMA
Director of Business Development

A seasoned Special Forces Officer with over a decade of experience in human performance and wellness within elite military environments.

OUR MISSION

Our mission is to empower individuals and organizations to reach their fullest potential through innovative, holistic health, wellness, and human performance solutions. Through evidence-based practices, we provide personalized guidance, cutting-edge resources, and unwavering support to help our clients thrive physically, mentally, and emotionally—both in everyday life and in demanding operational environments.



DIFFERENTIATORS

- 95% of our leadership team is composed of individuals with backgrounds in Special Operations, IC, veterans, and veteran spouses
- Over 25 years of successful management of employees in Service Contract Act (SCA) positions in mission-critical environments.
- Serving over 20,000 military, veteran, and federal personnel through performance-based wellness programs.
- Received Small Business Administration - Small Business Award from United States Secret Service (USSS).
- Received Small Business Administration - Administrators Award of Excellence.
- Provides 2,000+ group exercise classes per month, serving Active Duty, Veterans, Dependents and Civilians.



CONTACT US TODAY FOR MORE INFORMATION!



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PERFORMANCE DRIVEN MISSION FOCUSED

FY 2024 DATA

WHAT DRIVES US

Our vision is to be the trusted partner for Special Forces and mission-driven organizations committed to advancing human performance by delivering impactful, readiness-focused solutions that foster resilience, optimize capability, and sustain elite-level physical and mental health.

GLOBAL OPERATIONS

14,949

Our globally positioned group fitness teams delivered 14,949 classes, playing a critical role in sustaining operational fitness, strengthening psychological resilience, and promoting overall well-being in both high-stress and day-to-day environments.

SERVICES

68,445

Millennium delivered over 68,445 services—including fitness classes, wellness screenings, health fairs, educational sessions, and one-on-one consultations—supporting the health and performance of our customers.

IMPACT



268,920

We served 268,920 participants—over 22,410 per month—delivering consistent, high-impact wellness support that enhances performance and resilience across military and civilian populations.



HEALTH SCREENINGS

35,748

Millennium conducted 35,748 health screenings, providing early detection of health risks and actionable insights to support physical readiness and long-term performance. These screenings help maintain a fit, resilient, and mission-ready force by identifying key areas for preventive care and improvement.

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