

## HUMAN PERFORMANCE SOLUTIONS FOR MISSION-READY FOCUS

**Millennium Health & Fitness, Inc.** operates human performance programs that support readiness, resilience, and sustained performance across military and federal environments. We design, staff, and manage integrated performance solutions that support training populations, operational personnel, and Government workforces through fitness instruction, performance support, health promotion, recovery programming, and program oversight.

### Services

#### Tactical & Training Environment Support

- Periodized strength and conditioning programming aligned with military readiness standards
- Recruit and training pipeline performance support
- Performance monitoring, fitness testing, and injury prevention instruction

#### Human Performance Program Operations

- Staffing, supervision, and oversight of human performance personnel
- Program management for multi-site performance environments
- Operational support for performance testing, monitoring, and training delivery

#### Workforce Health & Performance

- Preventive health promotion programs supporting workforce readiness
- Biometric screenings and health risk assessments
- Health education and behavior-change coaching

#### Complementary & Integrative Health

- Yoga, tai chi, mindfulness, and recovery-focused programming
- Trauma-informed and Veteran-centered instruction
- Instructor-led group classes and specialized wellness workshops



Supporting readiness, resilience, and sustained performance.

### Experience

- Tactical human performance programming supporting Army National Guard operations in a 32,400-square-foot Combat Athlete Performance Center
- Performance programming and monitoring for U.S. Coast Guard recruits across recurring training cycles, contributing to a 100% Future Sentinel Preparatory Course pass rate
- Enterprise workforce health program supporting more than 174,000 Air Force and Space Force civilians across more than 80 installations
- Virtual complementary and integrative health programming supporting more than 300,000 Veterans and 140,000 VA employees
- Multi-site health promotion and fitness services supporting DoD civilian workforce populations in the National Capital Region



**100%**

Pass rate achieved in the Future Sentinel Preparatory Course



**174,000+**

Air Force & Space Force civilians supported through workforce health programs across 80 installations



**300,000+**

Veterans utilizing integrative health programming services

### Workforce Specialized Personnel

- Certified Strength and Conditioning specialists
- Certified fitness and wellness professionals
- Health promotion specialists
- Trauma-informed complementary and integrative health instructors



**CONNECT WITH US**

**HUMAN PERFORMANCE SOLUTIONS FOR MISSION-CRITICAL POPULATIONS**