

KRISTI ROBERTS

CO-FOUNDER, MILLENNIUM FITNESS



After graduating magna cum laude from Biola University (La Mirada, California) in 1994 with a Bachelor of Sciences degree in Psychology, and after working for 7 years as the right-hand “man” of H. Norman Wright, a nationally known marriage counselor, author and speaker, Kristi knew where her passions lay: she loved working with and helping people. Fanatical about her own ongoing pursuit for wellness, Kristi knew she wanted to help others, specifically women, teens, and children, achieve their optimal wellness as well.

Post-graduation, she worked for New Life Clinics (run by internationally known psychologists and authors Henry Cloud, Steve Arterburn and John Townsend.) As her knowledge and experience in the study of human behavior went to new depths, she also decided to pursue formal education in her other area of passion: fitness and wellness. Along with intensive research and self-study, she completed classes for her Fitness Certification through University of Irvine’s acclaimed Certification Program. Her vision of inspiring others continued to blossom and take shape.

While performing as a Mariah Carey double in Hollywood (see Kristi as Mariah’s double in Mariah’s video “Heart Breaker”) she met her soulmate, Shane Roberts, a Certified Personal Trainer, when she hired him to whip her into tip-top shape. It worked, and in the meantime she also fell head over heels in love! A significant factor in the relationship was the common dream they had to help and inspire others in their fitness and wellness goals.

After a successful and varied career in marketing, sales, mortgage loans, small business consulting and serving as President of a multi-million dollar real estate appraisal company, Kristi made the jump to finally make her dream of helping others a reality. She and Shane started Millennium Fitness, and the fulfillment of a life’s dream came true.

Kristi uses her in-depth knowledge and understanding of human behavior to take wellness to a place that not many professionals in today’s fitness industry go. She knows how to delve into the human psyche, and with compassion and empathy, help uncover road blocks in one’s journey to optimum wellness and health. Her unbridled energy and undying passion for people and fitness make her enthusiasm contagious. Kristi represents the “every-woman.” As a devoted wife and mother, she knows what it’s like to try to meet the daily demands of life in the real world while still taking care of yourself to your best ability. It’s hard not to better yourself when Kristi is there helping you make it happen!