



What our clients say about us...

“...it has not been easy to add physical activity and healthy home-cooked meals to my daily routine, but the Galileo team has made it possible.”

Carrie Burkhouse, The Baltimore Life Companies

“{Galileo} has provided me with the information and motivation to shed unwanted weight and get truly fit for, essentially, the first time in my life since my college days. Without Vik Khanna’s help, I was never able to achieve the fitness results I desired.”

Paul Buell, The Baltimore Life Companies

“With such a busy life, thinking of myself and my well-being often becomes secondary, Vik has become the voice on my shoulder and I am happier and healthier because of this program. (Not to mention I love telling people I have a personal wellness coach!). “

Maria Medaglia, The Baltimore Life Companies

“Vik Khanna has developed an innovative Health and Wellness Pilot program in New Orleans, LA in partnership with the Freddie Mac Foundation ... Vik’s leadership ... along with his extensive knowledge of best practices, has dramatically enhanced the quality of the supportive services provided to ... vulnerable children and families living in urban multi-family housing.”

*Ralph F. Boyd, Jr., Esq. Chairman and CEO of the Freddie Mac Foundation
and Executive Vice President for Community Relations at Freddie Mac
Dean Klein, MSW, (former) Sr. Community Relations Manager, Freddie Mac Foundation*

“Vik’s approach is one of requiring personal responsibility, or stewardship of the body, with long-term goals and avid support of short-term successes. He taught me the value of recognizing how I could best fuel, strengthen, and work my body. He also intertwined the messages of valuing spiritual and mental health which goes hand in hand with physical health. He is firm but kind, encouraging while demanding accountability.”

Jenny Abel, Educator, wife, mother, Howard County, MD

We have a better idea for stabilizing medical care inflation – build fitness. Personal fitness empowers people and reduces the risk of major chronic illnesses. Fit people feel better, work harder and smarter, suffer less stress and anxiety, are hospitalized less frequently, and use fewer medications. The medical care cost crisis is winnable, one person and one workplace at a time. Call us at 443-226-7009, email Vik Khanna at vik@galileohealth.net or use the Contact Us page on our website (www.galileohealth.net). We look forward to working with you.

