



# Personal Fitness Coaching

The secrets to successful lifestyle change are a rock-solid plan, accountability, and support. Our Personal Fitness Coaching program for adults delivers all this and more.

- A one-year program that partners you with a qualified health coach.
- A thorough online screening survey to identify your lifestyle strengths, weaknesses, opportunities and vulnerabilities.
- An evidence-based physical activity strategy, with nutrition guidance, that aims to help you improve fitness, manage your body weight, and reduce the risk of chronic disease.
- Unlimited access to our secure, proprietary website where you will record your physical activity and nutrition information, and communicate with your coach.
- Monthly teleconferences with your coach to review progress, set new goals, and strategize solutions to problems.

Our goal is to help you create the sustainable, enjoyable, healthier lifestyle that you deserve. Contact Vik Khanna today at [vik@galileohealth.net](mailto:vik@galileohealth.net) to learn more about Personal Fitness Coaching at Galileo Health.