



Vik Khanna, MHS, PA, is the President and Chief Exercise Officer of Galileo Health Partners, LLC. Through Galileo, Vik provides fitness coaching using evidence-based physical activity and nutrition strategies. He is a Clinical Exercise Specialist® certified by the

American College of Sports Medicine, a physician assistant, and a Certified Cancer Exercise Trainer (CET). As a CET, Vik is one of less than 200 fitness professionals nationwide jointly certified by the ACSM and the American Cancer Society to advise both cancer survivors and those seeking to reduce their risk of cancer.

Vik is an expert on how an evidence-based exercise strategy reduces health risks, improves quality of life, and reduces reliance on the medical care system for people with, or at-risk for, major chronic diseases, such as overweight/obesity, diabetes, and heart disease. His content knowledge, entrepreneurial spirit, and presentation skills give him a unique and powerful combination of clinical, exercise, and communication assets. He deftly translates complex exercise science and nutrition information into practical, actionable, and sustainable strategies. Vik focuses his considerable energy on coaching clients about how to leverage the critical but often overlooked tools of exercise and healthy eating for personal change and growth. He works easily with both the highly fit and beginners.

Vik advises corporations as well as individuals. His worksite wellness program at The Baltimore Life Companies has earned that firm a "Fit Friendly Company" designation from the American Heart Association. Vik is chief advisor to the Freddie Mac Foundation in its efforts to create health and wellness opportunities for families living in affordable housing communities. Vik is a Visiting Scholar at the Howard University Hospital, has lectured MBA candidates at the Robert H. Smith School of Business on the business imperative of improved personal fitness, advises graduate students in the Hahnemann Physician Assistant Program at Drexel University, and teaches evidence-based fitness and nutrition strategies to recruits, uniformed officers, and the civilian staff of the Howard County Police Department. He also contributes regularly to the employee wellness program of the National Heart, Lung and Blood Institute, a branch of the National Institutes of Health. He has been quoted in the Chicago Tribune, the NY Daily News, The Baltimore Sun, Woman's Day, and AOL's Daily Finance.com, and has written for Corporate Wellness Magazine.

Vik is co-author, with Pastor Henry Brinton of Fairfax Presbyterian Church, of the Ten Commandments of Faith and Fitness (CSS Publishing, 2008). Vik is a road cyclist and runner and has 34 years experience in strength training. He has served as strength coach for the Artemis Bicycle Racing Team of Washington, D.C. and Team BBC of the Baltimore Bike Club. He has worked with runners, rowers, and cyclists to improve their strength and power output.

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***Clinical Exercise Specialist® and  
Cancer Exercise Trainer®***

*Certified by the American College  
of Sports Medicine*

*Member of the Clinical Exercise  
Physiology Association and the  
International Association for  
Worksite Health Promotion*

***MHS, Health Policy and  
Management, The Johns Hopkins  
University Bloomberg School of  
Hygiene and Public Health, 1984***

***BS, with honors, Physician  
Assistant Program, The  
Hahnemann Physician Assistant  
Program of Drexel University, 1982***

***BS, with honors, Physical  
Education, SUNY Cortland, 1979***

***Clients served:***

*The National Heart, Lung, and  
Blood Institute of the National  
Institutes of Health*

*The Baltimore Life Companies*

*The Freddie Mac Foundation*

*Howard University Hospital*

*Smith School of Business at the  
University of Maryland*

*The Hahnemann Physician  
Assistant Program at Drexel  
University*

*T. Rowe Price*

*Grossberg Company, LLP*

*Williams Scotsman*

*The Allegis Group*

*Howard Community College*

*Howard County Police Department*

*Numerous individuals in the  
Baltimore Washington region*

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