

S2 EP3 How music and fitness saved my life, with Uzikwendu

@Uzikwendu | @Uziburnout

My special guest today is Uzikwendu Onunaku. He is a celebrity fitness trainer, musician, actor and an entrepreneur based in Nigeria. Uzi and I go back 25 yrs. We grew up together in Nigeria; we also lived in the same neighborhoods in Dallas before he moved back to Nigeria. He has had to overcome a lot of obstacles and adversity on his journey, and he is a huge inspiration to so many people. To see how far he's come and where he is now is truly inspiring.

Thanks for listening 😊