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HEALTH & WELLNESS



**Vitality Health Show**  
Thursday at 10 AM Pacific  
**October 21st 2021: BUILDING A LASTING LEGACY**

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"Born and raised in Southern California. Growing up Uela loved playing all sports, especially football and basketball. Uela played high school and junior college football where he learned the value of hard work, commitment, and teamwork! It was from his athletic experiences where he developed his love and passion for self-development and mindset coaching. Uela believes that "greatness is doable" and anyone can maximize their greatness through consistent effort, executing the right strategy and having that coach in your corner rooting you on! Uela loves spending time with his wife and kids.

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**Featured Guest**



**Uela "Wells" Nifo**

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