

# Celebrity Trainer Augustine Ume-Ezeoke on How to Live a Healthy Life

Health & Fitness Trainer



**Costa Mesa, California Nov 8, 2022 ([Issuewire.com](https://www.issuewire.com))** - Augustine Ume-Ezeoke knows what it takes to get results from working out he trains celebrities, after all. That's why when he shares his top fitness advice, people listen. Augustine Ume-Ezeoke has overcome his own weight issues through healthy eating and exercise and shares his tips on how you can start living a healthy life now. In this interview with Celebrity Trainer Augustine Ume-Ezeoke, he shares how to eat right, why workouts should be short

and intense, and how to achieve your goals no matter what they are. Here are five tips that Augustine Ume-Ezeoke shared in this interview

Get 8 hours of sleep each night. Getting enough sleep is crucial for your body to function and repair itself. In fact, you should be aiming for eight hours of sleep every night to promote optimal performance, weight control, and emotional health. Wake up at the same time each day. Your body's natural clock regulates your circadian rhythm which affects your mental alertness, energy levels, and even some hormones such as cortisol and melatonin. These hormones help regulate appetite, mood swings, blood pressure, heart rate, and other bodily processes that can affect the quality of your life so it's important that you maintain consistency in terms of when you go to bed and wake up

It is important to eat well. You should not only think about your diet and what you are eating but also what you are drinking. It is important to drink water and other healthy beverages on a daily basis. If you drink alcohol, it is best to limit your intake. Drinking too much alcohol can lead to health problems like liver disease or cancer.

The first thing [Augustine Ume-Ezeoke](#) tell his clients is to get their minds right. No matter how much you work out, how many supplements you take, or what type of diet you follow if your mindset isn't in the right place, you're going to have trouble sticking with it. The second thing is to make sure they exercise their mental muscles as well. It's just as important to do things that challenge the brain so that it can grow and retain memories more effectively.

It can be easy to feel like we're on an island when it comes to fitness. It's human nature to compare ourselves and our progress with others. But the truth is, you will never know what someone else has gone through in their life to get where they are today. That's why Augustine believes one should be finding inspiration in others instead of comparison. The key is that you find somebody who has had success, and instead of looking at them as competition, look at them as an inspiration, He says.

Walking is an excellent way to stay active and healthy. And it doesn't have to be all about the physical benefits. Walking outside is also a great way to clear your head, get some fresh air, and enjoy nature. It's important to make time for yourself in your day-to-day life.

A lot of people think that they need to go on long walks every day or that they need to work out at the gym before they can call themselves active. That's not true! You can be active just by parking your car further away from stores when you run errands and taking the stairs instead of elevators.

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