ANIL UZUN Will Host A Podcast on Health and Travel

Tuesday 30 March, 2021

ANIL UZUN says “I try to bring a new spin on travel podcasting along with my team. We also have an ongoing travel podcast right now, the main topic in the world is human health. I always try to stay fit and healthy as I travel. I do have some tricks to stay fit, get the nutritions that I shall get and do some exercise. I plan to share the tip with my listeners and I also want to discuss the pandemic and its effects on travel. I will tell you all about my agenda on travelling healthy.”

The podcast will be ideal for any listener, but particularly for listeners who love to travel. ANIL UZUN will co-host some episodes with his fellow friends and get their insights on health including dieticians, training specialists, hiking gurus and many other experts on health and travel.

The ANIL UZUN’s travel and health podcast will be launched on Friday, April 16, at 07.00pm.

with topics covering how to stay healthy when travelling, travelling in times of a pandemic, diet choices, travelling older and children wellbeing during travel.

Who is ANIL UZUN?

ANIL UZUN is a travel enthusiast, and what he loves the most is to travel with his loved ones. In short, he loves to make the most out of life. ANIL UZUN started traveling when he was very young. In 2007, he began to take notes of his trips and created a travel journal. He has been traveling all around the world for about 13 years.

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