

# Harmonizing Huemanity



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# MWALIMU ZEKE KHALI, THE HEALTHY HUEMAN

HUEMAN HARMONIZER

CULTURALLY RESPONSIVE MASTER  
TRAINER

Based in Seattle, WA

WHOLISTIC AND ANCESTRAL  
OPTIMIZATION THROUGH FOOD, FITNESS  
AND FRATERNIZATION

Nutritionist, Corrective Exercise Specialist, Tactical  
Conditioning Coach, Youth Fitness Trainer, Group  
Fitness Instructor





# MWALIMU ZEKE KHALI, THE HEALTHY HUEMAN

HUEMAN HARMONIZER

CULTURALLY RESPONSIVE WELLNESS  
EDUCATOR

Based in Seattle, WA

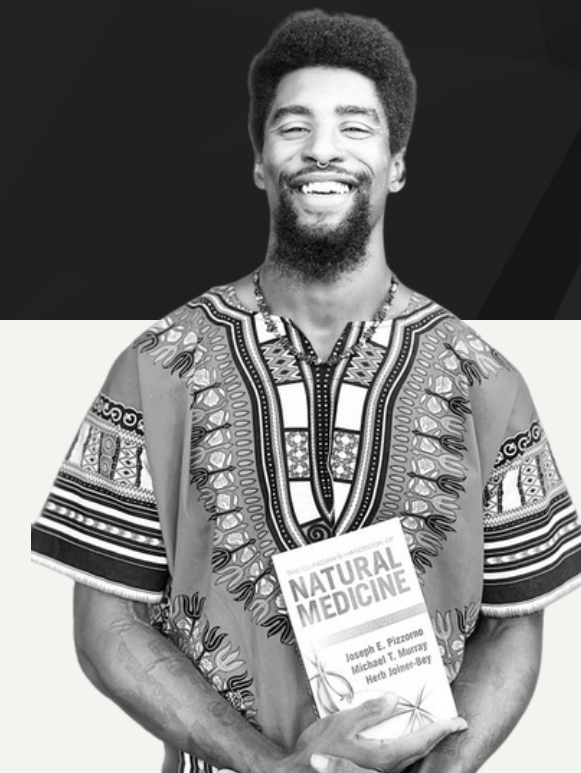
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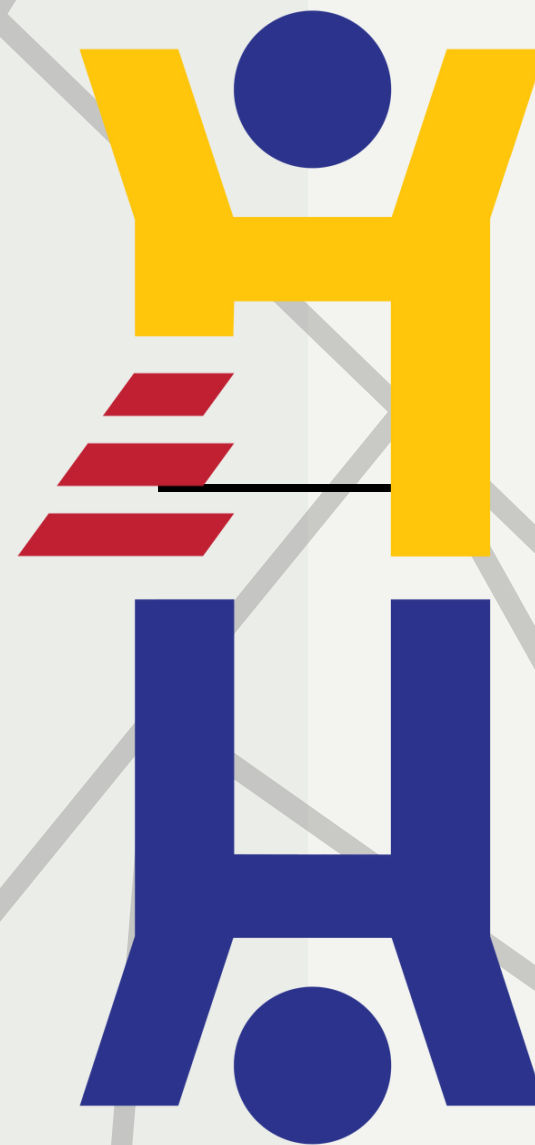
MY SOLE INTENTION IS TO GUIDE, ASSIST AND ENCOURAGE MY CLIENTS, ORGANIZATIONS AND COMMUNITIES TO TRANSFORM AND ELEVATE INTO THEIR HEALTHY HUEMAN FORMS THROUGH SIMPLE YET WHOLISTIC PRACTICES UNIQUELY TAILORED TO THEM. THROUGH DIALOGUE, INTROSPECTION, ACTION, COMPASSION AND HONESTY WE MOVE FORWARD ON THEIR PATH TO BECOMING WHO THEY ARE CAPABLE OF BEING MENTALLY, PHYSICALLY, EMOTIONALLY AND SPIRITUALLY. THE HEALTHY HUEMAN WAY.



I AM HERE  
FOR YOUR  
GROWTH



# LARGE GROUP KEYNOTE



## GROUNDING IN YOUR MESSAGING AND ETHOS

The world of Hueman wellness is vast but it can always be geared toward your brands messaging of the season.

## UPLIFTING AND EMPOWERING TONES

There is no solid foundation in fear mongering and blaming. Since it is of no benefit to build on shifty sands, I avoid the material in totality.

## TRUTH & LIGHT

Facts and reality do not have to be scary or daunting. In fact it is "The Healthy Hueman" way to see the liberation in facts and science.

# ■ WORKSHOP FACILITATION



## INTRODUCTORY

Helpful and wholesome doses of wisdom can be given at smaller commitments too.

## LONGITUDINAL

Building rapport brings the highest levels of engagement, retention and speed of implementation.

## ONE-OFF SHOP TALKS

We can make it happen and it will still be impactful.

# LUNCH POWER HOUR W/ THE HEALTHY HUEMAN



## LUNCH & LEARN

Power up the staff lunch hour with a boosting edutainment (Education with an entertaining flare) wellness event where their questions are answered and they are sent away with actionable steps.

## MAKE IT A SERIES

As your staff is bound to love the switch up of their midday routine to this fun time investment for all so let's make it a weekly or monthly series that ties your brand/organization's goals into the big picture in a masterfully integrative way.

# BROWN BOYS BEHIND BARS

JUVENILE JUSTICE INITIATIVE

## DERAILING THE SCHOOL TO PRISON PIPELINE

Robust, engaging and transcendent goal developing programs are the modular way forward for our brilliant Brown boys' education and elevation.



## REVERSING CHILDHOOD OBESITY

The statistics for our children are even more alarming than those of my peers and elders. Our kids will not outlive us. If you have a heart for Huemanimy help me get our boys active in sustainable ways that also build skills for life.

## BUILDING FUTURE COMMUNITY CAPTAINS

I choose to cultivate and re-mineralize uncared for land rather than discard it and turn it into a dump. Aren't our boys worth the same? Give them a purpose and witness their true potentials emergence.



# ■ COMMUNITY WELLNESS COORDINATOR



## PROACTIVELY PREVENT THE NEXT HEALTH PANDEMIC

You can wholistically help prevent the next outbreak of misinformation and miseducation by having an officially licensed on-site wellness specialist.

## CULTIVATING A THRIVING COMMUNITY

Building a community is different from providing a property with rental units. When Huemans feel cared for and loved they thrive and they care for there surroundings and community members.

## EMBRACING THE DIVERSITY OF EARTH

THIS JUST IN: Earth's population is a melting pot of delicious differences. Let's see how we can develop an appreciation for it ALL.

# ■ CORPORATE WELLNESS COORDINATOR



## A HEALTHY STAFF PROMOTES A HEALTHY CASHFLOW - THAT'S SIMPLE MATH

Fewer call-outs. Lower insurance premiums. More energetic and confident staff. Stack the deck in your favor with a licensed wellness specialist to cultivate the healthy team that you know can reach your brand/organization's full potential.

## BE AN ASSET TO THEIR WORK LIFE BALANCE

Creating a pathway adorned with relief and reassurance will bring about harmony and rejuvenation to your team. They will show you their appreciation wholistically.

## SUPPORT GOES A LONG WAY

Enough can't be said about the benefits of having a tailored wellness education and service approach for your beloved family of employees. When they KNOW you care they will perform as if your LIFE depends on it.



# HUEMAN REINCARNATION



## MASTERING ENERGY IN

We are from this Earth and we sustain our physical form from this Earth's sustenance. The rivers and valleys that produce fruits, grasses, and wildlife are what sustain us. Your preferences will best serve your ambitions to become whom you wish to be when you have the freshest and most naturally grown and prepared foods.

## MASTERING ENERGY OUT

Through enjoyable and diverse modes of physical activity we can ensure that our plans are sustainable and when we have a sustainable, robust fitness program to follow we build healthy habits for a lifetime of longevity.

## MASTERING COMMUNAL ENERGY

We are very capable, communal beings. We enjoy solving problems and exploring the unexplored. We have emotions, thoughts and feelings that can be beneficial or detrimental to our overall potential. Who we are is ALL up to who we WANT to be.



# CULTURALLY RESPONSIVE NUTRITION COACHING



## YOUR HERITAGE - YOUR DIET

You will understand how to make the right decisions when it comes to being culturally aware and responsive when sourcing, shopping, preparing and sharing your meals.

## HOW TO NAVIGATE THE MARKET

I know full and well how confusing, convoluted and stress-filled the grocery store runs can be when you have a budget and when there are 3,000 social media voices telling you to eat this for weight loss or metabolic function. Let's start at square one: Planning and gathering our goods. From label reading to price points and understanding colors over calories, this program will set you and your household up for sustainable success.

## PROFESSIONAL COOKING DEMONSTRATIONS

It is one thing to have someone tell you what to eat and when. But what if you lack the skills in the kitchen to begin with? Surely, that shouldn't mean we are out of luck and doomed to takeout and tv dinners. Of course not! The Healthy Hueman LLC is here to bring about knowledge, confidence and capability in your kitchen with hands on help.





# ELITE YOUTH PERFORMANCE ENHANCEMENT



## UNDERSTANDING WHO AND WHAT YOU ARE!

Knowing how to remain balanced internally, externally, emotionally, spiritually, and environmentally allows me to become my full self for the Planet and its People. However, none of these were ever on my school schedule throughout my primary or secondary school by coach or teacher.

## BUILDING A HIGHLY CAPABLE AND RESILIENT BODY

Regardless the sport of choice, recovery will be a major factor during the training cycles and post competition. Without proper understanding of how the body heals, rebuilds and becomes better, faster, stronger one can't hope to achieve such gains. Building a solid, unshakable foundation of knowledge and ability requires guidance of the highest level and you are worth that level of instruction before, during and after your season.

## THE CHAMPION'S INTENTION

To understand what you are competing for is a factor most athletes and coaches refuse to acknowledge and instrumental in achieving their full athletic and psychological potential. We start there and build your champion mindset first. All other success will be catalyzed by this grounding intention.

# RECENT

# NOTABLE WORKS

DSK-RBT LONGITUDINAL WORKSHOP -  
OCTOBER-DECEMBER 2021

KING COUNTY - BEST START FOR KIDS

!IMPACT SCHOOLS! YOUTH MENTAL  
HEALTH PANEL - APRIL 2022

SEATTLE URBAN LEAGUE

BROWN BOYS BEHIND BARS - WINTER  
2022

THE HEALTHY HUEMAN JUVENILE JUSTICE  
INITIATIVE





# WHAT HEALTHY HUEMANS ARE SAYING ABOUT MWALIMU ZEKE KHALI

## ENDORSEMENT

Whether working one-on-one with clients, with young people, or with corporate departments and organizations, Zeke can find a personalized and motivating path to health and wellness for just about anyone. His knowledge about food/nutrition--even the chemical make-up of food, how it can be used to achieve specific goals, when to eat foods for maximum benefit, how food and nutrition can change your physical and mental health, and more--is impressive.

-Kipepeo B

## TESTIMONIAL

On most days where i feel stuck and feel like I'm slipping into another mental health dip, i think "what would Zeke do?" And 99% of the time that's all I need to make the decision to show up for myself. Sometimes that's allowing myself to rest, sometimes it's putting on frequencies, sometimes it's making tea or stretching. But know this, watching you stay committed to yourself helps me stay committed to myself and my emotional and spiritual growth

-Tae J.

## TESTIMONIAL

My experience working with The Healthy Huelman, Zeke Khali, and his wholistic approach to wellness has been truly transformative. His passion and commitment to making health accessible to all people is evident in his positive attitude, expertise, and strengths-based perspective. So, it is with great pleasure that I recommend his services to anyone looking to reach new heights.

During our sessions, he shared his knowledge in a way that was straightforward and easy to comprehend. At the same time, he helped me develop a plan of action for implementing my nutrition and fitness goals. When I struggled to reach certain goals, he gave me a nonjudgmental space to identify and address the barriers to my success. Additionally, he provided me with the tools, resources, and encouragement to achieve long-term, sustainable progress.

-Eboney H.

## RECOMMENDATION

I write this letter of recommendation for a much-needed Corporate Wellness Coordinator position with genuine enthusiasm. I have attended Race-Based Trauma trainings and support sessions on multiple occasions co-facilitated by Zheir Khali. He was certainly an invaluable member of the training team and approached his work with great enthusiasm. I was always impressed with his ideas and extensive knowledge of culturally responsive self-care and preventative measures for coping with and healing from Race-Based Trauma. He is an open and honest facilitator who creates an atmosphere that is free from judgment and conducive to actual participation and retention of knowledge. I would recommend Z'heir to anyone considering one of his classes or training sessions. If race, social justice, diversity and inclusion are on your docket for the year this is the Man you want in your organization.

-Syretta W.

## ENDORSEMENT

I would highly recommend Mwalimu Zeke Khali for the position of Community Wellness Coordinator in your village. We have been volunteering with the community together for the past few months and I know him to be a very charming and outgoing person. Mwalimu Zeke Khali is a well-rounded professional who shows respect for his elders and support for his peers. Mwalimu Zeke Khali is committed to his community and is always looking for ways to support the people around him. I know him to be trustworthy, reliable, and easy-going. Get him before your neighboring village does.

-Natalie C.



ZENO MATH - SUMMER CONFERENCE  
AUGUST 2022

KING COUNTY - BEST START FOR KIDS

URBAN LEAGUE - SUMMER U  
AUGUST 2022

SEATTLE URBAN LEAGUE

SEATTLE NEIGHBORHOOD GROUP -  
MIDDLE SCHOOL WEEK LONG MENTAL  
HEALTH CONFERENCE  
OCTOBER 2022

THE HEALTHY HUEMAN JUVENILE JUSTICE  
INITIATIVE

RECENT  
NOTABLE WORKS



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# WHAT HEALTHY HUEMANS ARE SAYING ABOUT MWALIMU ZEKE KHALI

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## ENDORSEMENT

The Urban League of Metropolitan Seattle invited Abdullah-Z'heir Khali to facilitate a workshop with our youth at Foster High School during our Summer U program. Not only was the nutritious food he brought healthy and holistically incorporated all food groups, it was also a centerpiece to a broader conversation about the student's relationships to their bodies and their environment. He created a judgement free space for students to explore foods that they have never tried, or flavors that were familiar but incorporated new ingredients. What stood out to me most about the workshop was the way he engaged with our students honestly and authentically. As an organization we value when our workshops are accessible but are built on the vast knowledge from our youth's lived experience and unique perspective. Zeke did just that, seeking honest feedback from the students on what they were trying, and their relationship to food. What really attests to this is the way I saw some students speak up about topics that they were clearly passionate about in a way we had not seen yet over the course of our four-year program. I also saw the way students lingered in the classroom with questions and jumped at the opportunity to help with serving other students. We would absolutely recommend Zeke to youth spaces and honestly to all age groups! As staff I know that we learned so much and were able to build on our relationships with the youth in the program!

Thank you,

Jude Ahmed  
Civic Engagement Organizer  
Urban League of Metropolitan Seattle

## RECOMMENDATION

To whom it may concern,

It is my pleasure to recommend Abdullah-Z'heir to anyone interested in learning what a Healthy Huelman looks like. As a fellow colleague who has attended multiple of Abdullah's sessions, his impact is deeply profound and has positively changed the way in which I view and incorporate health and nutrition into my own routine. During his 3 F's workshop Abdullah made sure everyone in the room felt represented, heard, and gave opportunity to see how we could apply healthy habits into our own lives and routines in a way that felt authentic. In both his FUNctional Fitness and 3 F's sessions Abdullah was encouraging and created a safe environment free of judgement. He has a professional demeanor, is respectful of others, and speaks with a passion that is felt by everyone present. More people need to experience Abdullah's work and I believe so much healing can happen through his teachings in holistic healing, especially in communities of color where healthy relationships with nutrition and fitness have not been so easily accessible.

Sincerely,

Gladys Reyes  
Program Manager, Zeno Math



**Reach Out**

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