

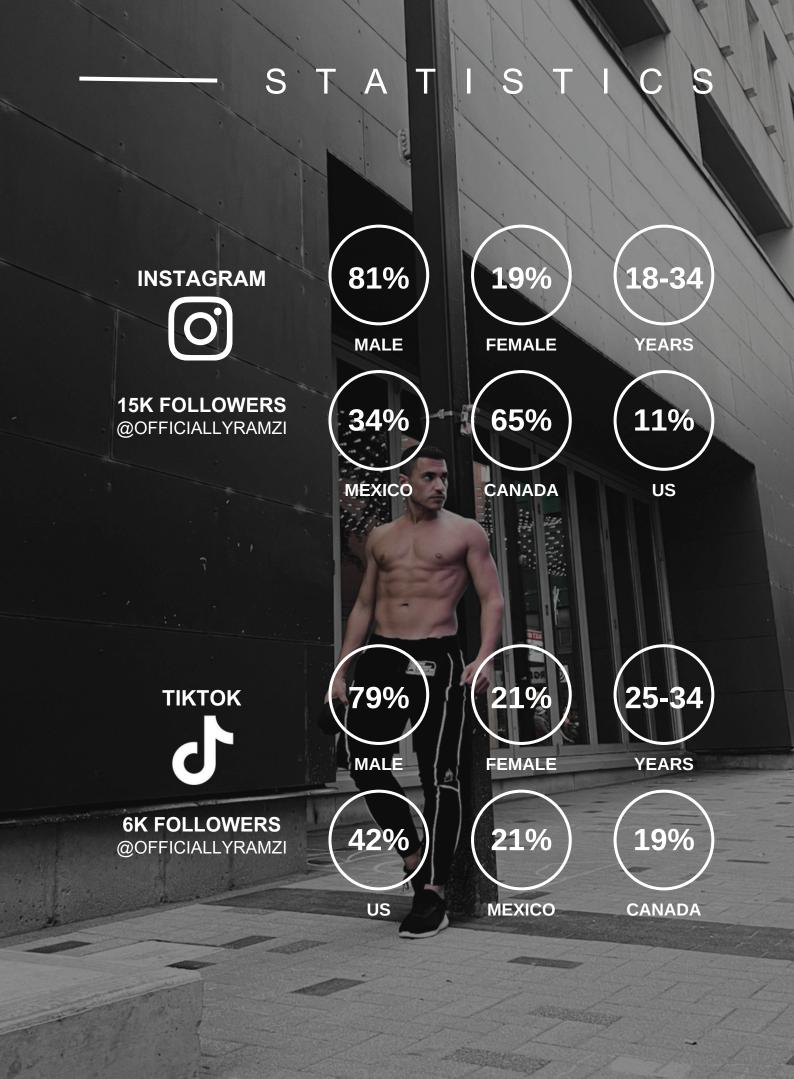
ABOUT RAMZ

LIFESTYLE

I am an actor and lifestyle content creator based in Toronto, dedicated to inspiring a healthy lifestyle that enhances both body and mind. My content emphasizes the importance of fitness for mental clarity, staying organized, and building positive habits.

Each platform brings a unique side of my work to life: on TikTok, I share conversational, real-life insights, while my Instagram features cinematic vlogs and carefully produced glimpses into my life.

Although most of my content is in English, I also speak Arabic and Latin American Spanish from my time living in Mexico. My audience is primarily men aged 18-34 from Canada, Mexico, and the US.



COLLABS

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C O N T A C T

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