

Adilah Sherelle Brodie is a product of New York City, born in Harlem, raised in both Harlem and The Bronx. From an early age, she was attracted to The Arts, especially dance. She began taking classes at The Creative Dance Theatre (run by her mother Lateefah Abdul-Jabbaar), later becoming one of its teachers as a teen. At Boys Harbor, she continued with dance and was introduced to acting as well as track & field. There, she soared in all three areas. Adilah has appeared in various motion pictures including an educational film produced by Paul Newman on drug prevention. These earlier experiences instilled in her an entrepreneurial spirit, discipline, confidence and a desire to mentor young women.

As a lead coach with The New York Road Runner's "Run For The Future" Program, she mentored 26 college bound high school girls who had never run before. During an interview on the YES channel, she described how exciting it was to witness all 26 young ladies cross the finish line at the Percy Sutton 5K race in Harlem and how they affectionately call her "Coach B". Adilah was also featured in the New York Road Runner's widely circulated newsletter regarding the program and how she was a positive influence on these young first-time runners.

For three years, Adilah was an Achilles guide for disabled athletes, helping them to cross the finish line at the New York City Marathon. Experiencing pain and extreme fatigue because of her blood cell disorder, did not hinder her ability to run with Black Girls Run (BGR), the Dashing Whippets Running Team, complete over 40 races or becoming an International runner. It's not unusual to see Adilah complete her race and go back to assist and encourage other runners. She was recognized and given the Rob Petrocelli award for overcoming adversity while running. She also received recognition for her coaching and mentorship at the National Black Marathoners/Run to Live awards dinner, was given an award from The Delta Sigma Theta Sorority for her public service accomplishments as a coach and Motivational Speaker, and was honored by the New York City Council and Assembly Members as a "Shero" in the Harlem Community.

Adilah Sherelle Brodie is an active member of Choice International in LaPlace, a Pastor-Elect, Ministry Leader, and Kingdom builder. She is married to an amazing man of God whose support and love is unconditional, a mother to one gifted daughter whose journey has been guided by the Holy Spirit, and a beautiful grandson who arrived by divine order. Adilah is extremely fond of her big brother and baby sister whom she consults as a Personal Fitness trainer. She receives continuous love and support from her large, close-knit family. Her and husband now resident in New Orleans, LA.