

```
In [3]: !pip install openai
```

```
Requirement already satisfied: openai in /usr/local/lib/python3.11/dist-packages (1.61.1)
Requirement already satisfied: anyio<5,>=3.5.0 in /usr/local/lib/python3.11/dist-packages (from openai) (3.7.1)
Requirement already satisfied: distro<2,>=1.7.0 in /usr/local/lib/python3.11/dist-packages (from openai) (1.9.0)
Requirement already satisfied: httpx<1,>=0.23.0 in /usr/local/lib/python3.11/dist-packages (from openai) (0.28.1)
Requirement already satisfied: jiter<1,>=0.4.0 in /usr/local/lib/python3.11/dist-packages (from openai) (0.8.2)
Requirement already satisfied: pydantic<3,>=1.9.0 in /usr/local/lib/python3.11/dist-packages (from openai) (2.10.6)
Requirement already satisfied: sniffio in /usr/local/lib/python3.11/dist-packages (from openai) (1.3.1)
Requirement already satisfied: tqdm>4 in /usr/local/lib/python3.11/dist-packages (from openai) (4.67.1)
Requirement already satisfied: typing-extensions<5,>=4.11 in /usr/local/lib/python3.11/dist-packages (from openai) (4.12.2)
Requirement already satisfied: idna>=2.8 in /usr/local/lib/python3.11/dist-packages (from anyio<5,>=3.5.0->openai) (3.10)
Requirement already satisfied: certifi in /usr/local/lib/python3.11/dist-packages (from httpx<1,>=0.23.0->openai) (2025.1.31)
Requirement already satisfied: httpcore==1.* in /usr/local/lib/python3.11/dist-packages (from httpx<1,>=0.23.0->openai) (1.0.7)
Requirement already satisfied: h11<0.15,>=0.13 in /usr/local/lib/python3.11/dist-packages (from httpcore==1.*->httpx<1,>=0.23.0->openai) (0.14.0)
Requirement already satisfied: annotated-types>=0.6.0 in /usr/local/lib/python3.11/dist-packages (from pydantic<3,>=1.9.0->openai) (0.7.0)
Requirement already satisfied: pydantic-core==2.27.2 in /usr/local/lib/python3.11/dist-packages (from pydantic<3,>=1.9.0->openai) (2.27.2)
```

```
In [5]: !pip install --upgrade openai
```

```

Requirement already satisfied: openai in /usr/local/lib/python3.11/dist-packages (1.61.1)
Collecting openai
  Downloading openai-1.65.5-py3-none-any.whl.metadata (27 kB)
Requirement already satisfied: anyio<5,>=3.5.0 in /usr/local/lib/python3.11/dist-packages (from openai) (3.7.1)
Requirement already satisfied: distro<2,>=1.7.0 in /usr/local/lib/python3.11/dist-packages (from openai) (1.9.0)
Requirement already satisfied: httpx<1,>=0.23.0 in /usr/local/lib/python3.11/dist-packages (from openai) (0.28.1)
Requirement already satisfied: jiter<1,>=0.4.0 in /usr/local/lib/python3.11/dist-packages (from openai) (0.8.2)
Requirement already satisfied: pydantic<3,>=1.9.0 in /usr/local/lib/python3.11/dist-packages (from openai) (2.10.6)
Requirement already satisfied: sniffio in /usr/local/lib/python3.11/dist-packages (from openai) (1.3.1)
Requirement already satisfied: tqdm>4 in /usr/local/lib/python3.11/dist-packages (from openai) (4.67.1)
Requirement already satisfied: typing-extensions<5,>=4.11 in /usr/local/lib/python3.11/dist-packages (from openai) (4.12.2)
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Requirement already satisfied: certifi in /usr/local/lib/python3.11/dist-packages (from httpx<1,>=0.23.0->openai) (2025.1.31)
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Requirement already satisfied: h11<0.15,>=0.13 in /usr/local/lib/python3.11/dist-packages (from httpcore==1.*->httpx<1,>=0.23.0->openai) (0.14.0)
Requirement already satisfied: annotated-types>=0.6.0 in /usr/local/lib/python3.11/dist-packages (from pydantic<3,>=1.9.0->openai) (0.7.0)
Requirement already satisfied: pydantic-core==2.27.2 in /usr/local/lib/python3.11/dist-packages (from pydantic<3,>=1.9.0->openai) (2.27.2)
Downloading openai-1.65.5-py3-none-any.whl (474 kB)
_____ 474.5/474.5 kB 11.2 MB/s eta 0:00
0:00
Installing collected packages: openai
  Attempting uninstall: openai
    Found existing installation: openai 1.61.1
    Uninstalling openai-1.61.1:
      Successfully uninstalled openai-1.61.1
Successfully installed openai-1.65.5

```

```
In [7]: !pip uninstall openai -y
```

```

Found existing installation: openai 1.65.5
Uninstalling openai-1.65.5:
  Successfully uninstalled openai-1.65.5

```

```
In [8]: !pip show openai
```

```
WARNING: Package(s) not found: openai
```

```
In [9]: !pip install --upgrade openai
```

Collecting openai

Using cached openai-1.65.5-py3-none-any.whl.metadata (27 kB)
Requirement already satisfied: anyio<5,>=3.5.0 in /usr/local/lib/python3.11/dist-packages (from openai) (3.7.1)
Requirement already satisfied: distro<2,>=1.7.0 in /usr/local/lib/python3.11/dist-packages (from openai) (1.9.0)
Requirement already satisfied: httpx<1,>=0.23.0 in /usr/local/lib/python3.11/dist-packages (from openai) (0.28.1)
Requirement already satisfied: jiter<1,>=0.4.0 in /usr/local/lib/python3.11/dist-packages (from openai) (0.8.2)
Requirement already satisfied: pydantic<3,>=1.9.0 in /usr/local/lib/python3.11/dist-packages (from openai) (2.10.6)
Requirement already satisfied: sniffio in /usr/local/lib/python3.11/dist-packages (from openai) (1.3.1)
Requirement already satisfied: tqdm>4 in /usr/local/lib/python3.11/dist-packages (from openai) (4.67.1)
Requirement already satisfied: typing-extensions<5,>=4.11 in /usr/local/lib/python3.11/dist-packages (from openai) (4.12.2)
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Requirement already satisfied: certifi in /usr/local/lib/python3.11/dist-packages (from httpx<1,>=0.23.0->openai) (2025.1.31)
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Requirement already satisfied: h11<0.15,>=0.13 in /usr/local/lib/python3.11/dist-packages (from httpcore==1.*->httpx<1,>=0.23.0->openai) (0.14.0)
Requirement already satisfied: annotated-types>=0.6.0 in /usr/local/lib/python3.11/dist-packages (from pydantic<3,>=1.9.0->openai) (0.7.0)
Requirement already satisfied: pydantic-core==2.27.2 in /usr/local/lib/python3.11/dist-packages (from pydantic<3,>=1.9.0->openai) (2.27.2)
Using cached openai-1.65.5-py3-none-any.whl (474 kB)
Installing collected packages: openai
Successfully installed openai-1.65.5

```
In [23]: import openai

# Create an OpenAI client
client = openai.OpenAI(api_key="sk-proj-Ar9X4z0EUSyTrwfInxgIoxg6YtuuRm1JVTW1")

# Generate a chat response
response = client.chat.completions.create(
    model="gpt-3.5-turbo", # Change to "gpt-3.5-turbo" if needed
    messages=[
        {"role": "system", "content": "You are a helpful assistant."},
        {"role": "user", "content": "Hello, how are you?"}
    ],
    temperature=1,
    top_p=0.95,
    max_tokens=200
)

# Print the response
print(response.choices[0].message.content)
```

Hello! I'm just a computer program, so I don't have feelings, but I'm here and ready to help you. How can I assist you today?

```

In [39]: import re
import pandas as pd
import openai
import math

# OpenAI API key
client = openai.OpenAI(api_key="sk-proj-Ar9X4z0EUSyTrwfInxgIoxg6YtuuRm1JVTW1

# Read the CSV file
df = pd.read_csv('Jame_stuliff_comment.csv')

# Combine 'Content' and 'Comments' columns into a single string
df['combined'] = 'content: ' + df['Content'].astype(str) + ' comments: ' + c

# Function to clean the text
def clean_comment(comment):
    if not isinstance(comment, str):
        return '' # Handle non-string values like NaN
    comment = re.sub(r"http\S+", "", comment) # Remove URLs
    comment = re.sub(r"[^a-zA-Z0-9\s]", "", comment) # Remove special chara
    return comment.strip()

# Apply cleaning function to the combined text
df['cleaned_text'] = df['combined'].apply(clean_comment)

# Filter out empty strings
cleaned_text = df['cleaned_text'].tolist()
cleaned_text = [text for text in cleaned_text if text]

# Define the question and rule
question = "These comments are from one Facebook poster. I gathered all the
rule = "Only show the conclusion, and max output is 10000 words."

# Combine the comments into a single input for the model
input_text = question + "\n" + rule + "\n\n" + "\n".join(cleaned_text)

# Function to split the input text into smaller chunks (batches)
def split_input_text(input_text, max_length=3500):
    # Split input text into chunks to avoid token limit exceeded error
    chunks = []
    words = input_text.split()
    num_chunks = math.ceil(len(words) / (max_length // 5)) # Estimate chunk

    for i in range(num_chunks):
        start = i * (max_length // 5)
        end = (i + 1) * (max_length // 5)
        chunks.append(" ".join(words[start:end]))

    return chunks

# Split input text into manageable chunks (each should fit within the model'
input_chunks = split_input_text(input_text)

# Loop through each chunk, make a request, and collect responses
responses = []

```

```
for chunk in input_chunks:
    response = client.chat.completions.create(
        model="gpt-3.5-turbo", # Change to "gpt-4" if needed
        messages=[{"role": "user", "content": chunk}],
        temperature=1,
        max_tokens=1000 # Adjust max_tokens to control response length
    )
    responses.append(response.choices[0].message.content)

# Combine the responses from each chunk
final_output = "\n".join(responses)
print(final_output)
```

Conclusion: Based on the comments gathered, the audience prefers messages of support, encouragement, and love during challenging times. They appreciate vulnerability and authenticity from the poster, showing a preference for emotional connection and empathy. The audience dislikes harsh self-criticism and encourages self-care and taking time to heal. Unmet needs may include a desire for more practical advice on coping with grief and loss, as well as suggestions for self-care techniques during difficult times. Overall, the audience values community support and understanding during times of struggle.

such a precious little boy Congratulations to you and your wife on your new born son xx Sam Goode Absolutely precious Hes a little heartbreaker already Congratulations to you both xx Kelly Barrett What a beautiful little boy Congratulations to you both xx Jack Delaney He is just perfect so precious congratulations mate xx Gemma Holt He is absolutely gorgeous Congratulations to you both xx Joanne Smith Congratulations on your beautiful baby boy xx Bob Jones Beautiful baby boy Congratulations xx Alice Evans So adorable Congratulations xx Claire Holmes He is just perfect Congratulations to you both xx Steven Thompson Congratulations on your little bundle of joy xx Dean Morris Absolutely precious Congratulations to you both xx Natasha Clarke Congratulations on your beautiful son xx Emily Wells He is just so precious Congratulations xx Louise Barker Congratulations to you both on your beautiful baby boy xx Lauren Cooper He is absolutely adorable Congratulations xx Charlotte Green So adorable Congratulations to you both xx Content Love my son with a photo and a video Comments Simon Allen Such a precious moment cherish it forever mate Congratulations xx Sarah Smith Absolutely beautiful moment congratulations to you both xx Emma Richards This is so heartwarming Congratulations to you both xx Claire Stevens Such a special moment Congratulations to you both xx Tim Davies So much love in this photo Congratulations xx Sarah Thompson Beautiful moment Congratulations to you both xx Sophie Walker Cherish these moments they grow up so fast Congratulations xx Emma Brown Truly beautiful Congratulations to you both xx Sam Edwards A father and son bond is so special Congratulations to you both xx Katie Turner What a beautiful moment Congratulations to you both xx Chris Parker Pure love in this photo Congratulations to you both xx Natalie White Absolutely precious Congratulations to you both xx Alex Carter This is such a beautiful moment Congratulations to you both xx Jenna Hall So much love in this photo Congratulations to you both xx Amber Roberts Cherish every moment Congratulations to you both xx Bethany Gray Such a special bond Congratulations to you both xx Holly Evans Love seeing a father and son bond Congratulations to you both xx Rachel Scott Absolutely beautiful moment Congratulations to you both xx Rebecca Hill So heartwarming Congratulations to you both xx Shannon Brown The love in this photo is palpable Congratulations to you both xx Emma Knight Such a special moment Congratulations to you both xx Laura Reed So much love Congratulations to you both xx Content Love my son first birthday with a photo Comments Rebecca Young Happy 1st birthday to your little one xx Kathy Martin Congratulations on your sons first birthday xx Sophie Brooks What a special milestone Happy 1st birthday to your son xx Natalie Hall Such a precious moment Happy 1st birthday to your little one xx Jennifer Taylor A year already Happy birthday to your son xx Lauren Ward Such a special day Happy 1st birthday to your little man xx Georgia Adams Time flies Happy birthday to your son xx Jessica Morris Such a beautiful milestone Happy 1st birthday to your little boy xx Emily Clark A year of love and laughter Happy birthday to your son xx Olivia Roberts What a special day Happy 1st birthday to your son xx Alice Wright A whole year of joy Happy birthday to your little one xx Claire Roberts Such a milestone Happy 1st birthday to your son xx Megan Hughes A year of blessings Happy birthday to your little boy xx Paige Thompson So many memories in just one year Happy 1st birthday to your son xx Lily Jackson Such a magical time Happy birthday

to your little one xx Grace Kelly A year of growth and happiness Happy 1st birthday to your son xx Chloe Parker So much love in just 365 days Happy birthday to your son xx Emma Thomas Such a special day Happy 1st birthday to your little boy xx Amy Bennett A year of love and cuddles Happy birthday to your little one xx Sophie Walker Such a special milestone Happy 1st birthday to your son xx Content Love my son with a photo and a video Comments Simon Allen Such a precious moment cherish it forever mate Congratulations xx Sarah Smith Absolutely beautiful moment congratulations to you both xx Emma Richards This is so heartwarming Congratulations to you both xx Claire Stevens Such a special moment Congratulations to you both xx Tim Davies So much love in this photo Congratulations xx Sarah Thompson Beautiful moment Congratulations to you both xx Sophie Walker Cherish these moments they grow up so fast Congratulations xx Emma Brown Truly beautiful Congratulations to you both xx Sam Edwards A father and son bond is so special Congratulations to you both xx Katie Turner What a beautiful moment Congratulations to you both xx Chris Parker Pure love in this photo Congratulations to you both xx Natalie White Absolutely precious Congratulations to you both xx Alex Carter This is such a beautiful moment Congratulations to you both xx Jenna Hall So much love in this photo Congratulations to you both xx Amber Roberts Cherish every moment Congratulations to you both xx Bethany Gray Such a special bond Congratulations to you both xx Holly Evans Love seeing a father and son bond Congratulations to you both xx Rachel Scott Absolutely beautiful moment Congratulations to you both xx Rebecca Hill So heartwarming Congratulations to you both xx Shannon Brown The love in this photo is palpable Congratulations to you both xx Emma Knight Such a special moment Congratulations to you both xx Laura Reed So much love Congratulations to you both xx

Taylor So sorry for your loss James Sending love and prayers to you and your family xx Bethany Parsons Sending love and strength to you and your family during this difficult time xx Courtney Laine Cassidy Im so sorry for your loss James Sending love and hugs to you and your family xx Stay strong Laura Cook So sorry to hear this James Sending love and strength to you and your family xx Take care xx Emma Hayes Im so sorry for your loss James Sending love and prayers to you and your family xx Rest in peace Brian Sue Doughty So sorry to hear this James My heart goes out to you and your family Sending love and hugs xx Gemma Johnson Sending love and strength to you and your family during this difficult time James xx Charlotte Blake Im so sorry for your loss James Sending love and prayers to you and your family xx Rest in peace Brian Lynne Morris Sorry to hear your sad news James My thoughts are with you and your family at this difficult time xx Dee Patel So sorry for your loss James Sending love and strength to you and your family xx Rest in peace Brian Sonia Patel My deepest condolences James Sending love and prayers to you and your family during this difficult time xx Rest in peace Brian Hannah Lowe Sending love and strength to you and your family James Im so sorry for your loss xx Rest in peace Brian Joanne Clarke Im so sorry for your loss James Sending love and hugs to you and your family xx Rest in peace Brian R.I.P. Brian Sutliff Lisa Pendleton Oh James Im so sorry to hear this Sending love and prayers to you and your family xx Rest in peace Brian Sutliff Leeann Richardson Im so sorry for your loss James Sending love and strength to you and your family during this difficult time xx Rest in peace Brian Sutliff Carol Thompson My deepest condolences James Sending love and prayers to you and your family during this difficult time xx Rest in peace Brian Sutliff Kelly Johnson Im so sorry for your loss James My thoughts are with you and your family Sending love and hugs xx Rest in peace Brian Sutliff Sophie White Sending love and strength to you and your family James Im so sorry for your loss xx Rest in peace Brian Sutliff Maria Rodriguez Im so sorry to hear this James Sending love and prayers to you and your family during this difficult time xx Rest in peace B

rrian SutliffLindsay Patel My deepest condolences James Sending love and strength to you and your family during this difficult time xx Rest in peace Brian SutliffKelly Johnson Im so sorry for your loss James My thoughts are with you and your family Sending love and hugs xx Rest in peace Brian SutliffSophie White Sending love and strength to you and your family James Im so sorry for your loss xx Rest in peace Brian SutliffMaria Rodriguez Im so sorry to hear this James Sending love and prayers to you and your family during this difficult time xx Rest in peace Brian SutliffLindsay Patel My deepest condolences James Sending love and strength to you and your family during this difficult time xx Rest in peace Brian SutliffLisa Pendleton Oh James Im so sorry to hear this Sending love and prayers to you and your family xx Rest in peace Brian SutliffLeeann Richardson Im so sorry for your loss James Sending love and strength to you and your family during this difficult time xx Rest in peace Brian SutliffCarol Thompson My deepest condolences James Sending love and prayers to you and your family during this difficult time xx Rest in peace Brian SutliffKelly Johnson Im so sorry for your loss James My thoughts are with you and your family Sending love and hugs xx Rest in peace Brian SutliffSophie White Sending love and strength to you and your family James Im so sorry for your loss xx Rest in peace Brian SutliffMaria Rodriguez Im so sorry to hear this James Sending love and prayers to you and your family during this difficult time xx Rest in peace Brian SutliffLindsay Patel My deepest condolences James Sending love and strength to you and your family during this difficult time xx Rest in peace Brian SutliffLisa Pendleton Oh James Im so sorry to hear this Sending love and prayers to you and your family xx Rest in peace Brian SutliffLeeann Richardson Im so sorry for your loss James Sending love and strength to you and your family during this difficult time xx Rest in peace Brian SutliffIm so sorry for your loss James. Sending love and hugs to you and your family during this difficult time.

Sorry for your loss James. He sounds like a wonderful man. Sending love and hugs to you and your family during this difficult time. Take care x.
Sending love and strength during this difficult time. Your dad was clearly loved and will be missed by many. Take care of yourself and know that you have a support system around you. My thoughts are with you and your family, but now I am grateful for the time we had together. Cherish the memories and the love you shared with your dad. My thoughts are with you during this difficult time. Sending you strength and love. Joanie Burnett Gaenzel.

was a wonderful man and I am so sorry for your loss. Sending you love and strength during this difficult time.

proud of you as a father. Sending love and strength to you and your family during this difficult time. RIP Brian.

so sorry for your loss Sending love and strength to you and your family during this difficult time xx Gemma Wood I am so sorry for your loss Sending love and prayers to you and your family xx Paul Jeffries So sorry to hear this mate Sending love and condolences to you and your family x Lori Evans I am so sorry for your loss James Sending love and strength to you and your family during this difficult time xx Terry White My deepest condolences to you and your family May your dad rest in peace xx Dan Thompson So sorry to hear this mate Sending love and thoughts to you and your family x Kayleigh Green I am

so sorry for your loss James Sending love and hugs to you and your family during this difficult time xx Kelly Hughes My heart goes out to you James So sorry for your loss Sending love and condolences to you and your family xx John Fisher I am so sorry for your loss mate Sending love and prayers to you and your family during this difficult time x Sarah Patel Sending all my love to you and your family So sorry for your loss xx Kelly Armstrong Thinking of you James So sorry for your loss Sending love and strength to you and your family xx Emma Reid I am so sorry to hear about your dad James Sending love and prayers to you and your family during this difficult time xx Claire Mitchell So sorry for your loss James Sending love and condolences to you and your family xx Lucy Thompson My deepest condolences to you and your family James May your dad rest in peace xx.

So sorry to hear about your loss James. My thoughts are with you and your family during this difficult time. Your dad sounded like a great man and I'm glad he got to meet your son. Sending lots of love and hugs to you all. Take care.

Sending you love and strength during this difficult time. My thoughts are with you and your family. RIP Brian.

clear that your dad was a respected member of the local sporting community and will be missed by many Rest in peace Brian Sutliff Adam Sutliff I am so sorry to hear of your loss James my condolences to you and your family Thoughts are with you at this difficult time x Andy Graham So sorry to hear this James my thoughts are with you and your family xx Emma Allen So sorry for your loss James Sending love to you and your family xx Lisa Turner So sorry for your loss James Sending love and strength to you and your family xx Emma Golding So sorry for your loss James Sending love and prayers to you and your family xx Bec Miller Sending love to you and your family at this difficult time James xx Steve Barker So sorry to hear this James My thoughts are with you and your family Sending love and strength xx Laura Collins So sorry to hear about your dad James Sending love and strength to you and your family xx Andy Green So sorry for your loss James Thinking of you and your family at this difficult time xx Claire Gordon Sending love and condolences to you and your family James xx Kelly Thompson So sorry for your loss James Thinking of you and your family at this difficult time xx Erin Lloyd So sorry for your loss James Sending love and strength to you and your family xx Emma Harrison So sorry to hear about your dad James Sending love and prayers to you and your family xx Hannah Evans So sorry for your loss James My thoughts are with you and your family Sending love and strength xxStatusCode404Kristin Andrew So sorry to hear of your loss James My thoughts are with you and your family Sending love and strength xx Sarah Miller So sorry for your loss James Sending love and prayers to you and your family at this difficult time xx Sarah Hughes So sorry to hear about your dad James Sending love and strength to you and your family at this difficult time xx Laura Harris So sorry for your loss James Thinking of you and your family Sending love and strength xx Emma Wilson So sorry to hear about your dad James Sending love and prayers to you and your family xx Alice Thompson So sorry for your loss James My thoughts are with you and your family Sending love and strength xx Marie Collins Sending love and condolences to you James at this difficult time xx Bethany Kelly So sorry for your loss James Sending love and strength to you and your family xx Sophie Wright So sorry to hear about your dad James Sending love and prayers to you and your family at this difficult time xx Lisa Hall So sorry for your loss James Thinking of you and your family Sending love and strength xx Emma Mitchell So sorry to hear about your dad James Sending love and prayers to you and your family xx Lucy Howard So sorry for your loss James My thoughts are with you and your family Sending love and strength xx Courtney White So sorry to hear about your dad James Sending love and prayers to you and

d your family at this difficult time xx Hannah Baker So sorry for your loss James Sending love and strength to you and your family xx Stephanie Scott So sorry to hear about your dad James Sending love and prayers to you and your family at this difficult time xx Lauren Wood So sorry for your loss James My thoughts are with you and your family Sending love and strength xx Emma Richardson So sorry to hear about your dad James Sending love and prayers to you and your family at this difficult time xx Rebecca Hill So sorry for your loss James Thinking of you and your family Sending love and strength xx Laura King So sorry to hear about your dad James Sending love and prayers to you and your family at this difficult time xx Emily Parker So sorry for your loss James My thoughts are with you and your family Sending love and strength xx Kate Fox So sorry to hear about your dad James Sending love and prayers to you and your family at this difficult time xx Emma Hughes So sorry for your loss James Thinking of you and your family Sending love and strength xx Katie Lee So sorry to hear about your dad James Sending love and prayers to you and your family at this difficult time xx Megan Ward So sorry for your loss James My thoughts are with you and your family Sending love and strength xx Emma Evans So sorry to hear about your dad James Sending love and prayers to you and your family at this difficult time xx Laura Kelly So sorry for your loss James Thinking of you and your family Sending love and strength xx Sarah Wright So sorry to hear about your dad James Sending love and prayers to you and your family at this difficult time xx Samantha Mitchell So sorry for your loss James My thoughts are with you and your family Sending love and strength xx Rebecca Davis So sorry to hear about your dad James Sending love and prayers to you and your family at this difficult time xx Natalie Cooper So sorry for your loss James Thinking of you and your family Sending love and strength xx Stephanie Read So sorry to hear about your dad James Sending love and prayers to you and your family at this difficult time xx Laura White So sorry for your loss James My thoughts are with you and your family Sending love and strength xx Emma Baker So sorry to hear about your dad James Sending love and prayers to you and your

proud he was of you and your family. Sending love and strength during this difficult time. RIP Brian. Louise Ferguson So sorry to hear this James Sending love and light to you and your family x Emma Johnson So sorry for your loss James Sending love and healing thoughts to you and your family x Leanne Roberts So sorry for your loss James Thinking of you and sending love x Mark Butler So sorry mate Thinking of you and your family x RIP Brian Sutliff.

during this difficult time Sending love and strength to you and your family David Turner Take all the time you need to focus on your family We will be here when you are ready to connect Sending prayers and love Donna Reynolds You and your family are in my thoughts and prayers Stay strong and take care of yourself Sending lots of love Sam Holmes Family comes first Take care of yourselves and know that we are all here for you whenever you need us Sending love and positive vibes your way Sinead Murphy Sending you all my love and support during this tough time Take care of yourself and your family Sending prayers your way xoxo Emma Jenkins You dont need to apologize for anything Family comes first Take all the time you need and know that we are all here for you Sending love and strength to you and your family Rachel Thompson Take care of yourself and your family first and foremost Sending you all my love and prayers during this difficult time You are in my thoughts Julie Richards on Family always comes first Sending love and thoughts to you and your family during this challenging time Take care of yourselves xoxo_COMPANY_NAME Sharon Evans Sending you all the love and support during this tough time Family is the most important thing Take care of yourselves and know that we are all here for you Sending prayers your way xoxo Amelia Roberts Family always comes first Take care of yourselves and know that we are all here for you Sendin

g love and strength to you and your family xo_COMPANY_NAME Laura White Family is everything Take care of yourselves and know that we are all here for you Sending love and prayers to you and your family during this difficult time xoxo_COMPANY_NAME Andy Mitchell Sending you all my love and support during this challenging time Take care of yourselves and know that we are all here for you Family comes first Sending prayers your way xoxo_COMPANY_NAME Sarah Hughes Take all the time you need to focus on your family We will be here waiting for you when youre ready Sending love and strength to you and your family during this difficult time Take care_COMPANY_NAME Kelly Sullivan Family comes first Take care and know that we are all here for you Sending love and positive vibes to you and your family during this tough time_COMPANY_NAME Kiera Patel You dont need to apologize for anything Family always comes first Take care of yourselves and know that we are all here for you Sending prayers and love your way xoxo_COMPANY_NAME

Congratulations on the birth of your little one! Enjoy this special time with your new family. Wishing you all the best.

both on the arrival of your beautiful baby boy. Wishing you all the best on this new journey as a family. Enjoy every moment with your precious little one. Lots of love and happiness to you all.

proud parents! May your new journey as a family be filled with love, joy, and precious moments. Enjoy every moment with your beautiful baby boy. Congratulations once again!

xx Lisa Wollaston Congratulations both xx enjoy every minute xx Kelly Wright Congratulations xx Sarah Trout Beautiful congratulations xx Emma Mansell Congratulations to you both xx he is absolutely gorgeous xx Andrea McMahon Congratulations to the whole family xx what a beautiful baby boy xx enjoy every precious moment xx Katie Atkins Congratulations to you both xx he is perfect xx Rebecca Lowe Congratulations to you both xx he is adorable xx enjoy every moment xx Lisa Hedges Congratulations to the new parents xx he is so precious xx Cherri Wu Congratulations to you both xx he is such a little cutie xx enjoy every moment xx Karen Brooks Congratulations to you both xx he is absolutely adorable xx cherish every moment xx Lisa Richardson Congratulations to you both xx he is beautiful xx enjoy every single moment xx Tracy White Congratulations to the new family xx he is a little angel xx Diana Heath Congratulations to you both xx he is so precious xx enjoy every minute xx Nikki Barker Congratulations to the new parents xx he is a little bundle of joy xx cherish every moment xx Kiera Thompson Congratulations to you both xx he is perfect xx enjoy every second xx Melanie Shaw Congratulations to the new family xx he is absolutely gorgeous xx cherish every moment xx Amanda Douglas Congratulations to you both xx he is a little miracle xx enjoy every precious moment xx Laura Palmer Congratulations to the new parents xx he is so adorable xx enjoy every minute xx Gemma Richards Congratulations to you both xx he is a little treasure xx cherish every moment xx Claire Harrison Congratulations to you both xx he is so sweet xx enjoy every single moment xx Sarah Booth Congratulations to the new family xx he is a little blessing xx cherish every second xx Hannah McClure Congratulations to you both xx he is perfect xx enjoy every precious moment xx Rachel Townsend Congratulations to the new parents xx he is a little angel xx Stephanie Griffin Congratulations to you both xx he is absolutely gorgeous xx enjoy every moment xx Amanda Carroll Congratulations to the new family xx he is a little bundle of joy xx cherish every moment xx Natalie Hooper Congratulations to you both xx he is a little miracle xx enjoy every second xx Laura Wilkinson Congratulations to the new parents xx he is so adorable xx cherish every moment xx Joanne Saunders Congratulations to you both xx he is a little treasure xx enjoy every single moment xx Rachel Wells Congratulations to the new family xx he is so sweet xx cherish every moment xx Jenna Bennett Congratulations to you both xx he is a li

little blessing xx enjoy every precious moment xx Gemma Foster Congratulations to the new parents xx he is a little angel xx cherish every second xx Laura Palmer Congratulations to you both xx he is perfect xx enjoy every moment xx Heather Thompson Congratulations to the new family xx he is absolutely gorgeous xx Hannah Stevens Congratulations to you both xx he is a little blessing xx cherish every moment xx Amanda Roberts Congratulations to the new parents xx he is a little miracle xx enjoy every precious moment xx Laura Knight Congratulations to you both xx he is a little treasure xx Rachel Spencer Congratulations to the new family xx he is so adorable xx cherish every single moment xx Sarah Ellis Congratulations to you both xx he is a little cutie xx enjoy every moment xx Rebecca Hughes Congratulations to the new parents xx he is a little angel xx cherish every second xx Karen Shaw Congratulations to you both xx he is perfect xx enjoy every precious moment xx Claire Anderson Congratulations to the new family xx he is so sweet xx Gemma Mitchell Congratulations to you both xx he is a little blessing xx enjoy every moment xx Rosie Scott Congratulations to the new parents xx he is a little miracle xx cherish every single moment xx Sarah Knight Congratulations to you both xx he is a little treasure xx enjoy every moment xx Emma Barker Congratulations to the new family xx he is a little angel xx Laura Dixon Congratulations to you both xx he is absolutely gorgeous xx cherish every second xx Rachel Taylor Congratulations to the new parents xx he is a little cutie xx Sarah Burns Congratulations to you both xx he is so precious xx enjoy every precious moment xx Katy Marsh Congratulations to the new family xx he is a little blessing xx cherish every moment xx Louise Cooper Congratulations to you both xx he is a little miracle xx enjoy every single moment xx Katie Lloyd Congratulations to the new parents xx he is a little angel xx Gemma Martin Congratulations to you both xx he is perfect xx enjoy every moment xx Sandra Cox Congratulations to the new family xx he is a little treasure xx cherish every second xx Laura Burton Congratulations to you both xx he is a little cutie xx Rachel Palmer Congratulations to the new parents xx he is so sweet xx enjoy every precious moment xx Sarah Duncan Congratulations to you both xx he is a little blessing xx Emma Saunders Congratulations to the new family xx he is a little angel xx Stephanie Knight Congratulations to you both xx he is absolutely gorgeous xx enjoy every moment xx Amanda Wells Congratulations to the new parents xx he is a little bundle of joy xx cherish every moment xx Laura Hughes Congratulations to you both xx he is a little miracle xx enjoy every single moment xx Rachel Anderson Congratulations to the new family xx he is so adorable xx Gemma Spencer Congratulations to you both xx he is a little treasure xx enjoy every moment xx Sarah Mitchell Congratulations to the

to you both, he is absolutely perfect! Enjoy every moment with your little boy. Love and blessings to your family. Emma Davies Congratulations both, he is absolutely gorgeous! Wishing you all the happiness in the world as you start this new chapter as a family. Lorraine Williams Congratulations on the arrival of your beautiful baby boy! Wishing you all a lifetime of love, happiness, and joy. Enjoy every moment with your precious little one.

anniversary to you both! Wishing you many more years of love and happiness together. Enjoy celebrating with your baby boy on the way! 🎉👶💕 Kelly Thompson Happy anniversary to a beautiful couple! May your love continue to grow stronger with each passing year. Exciting times ahead with your little one on the way! 💕👶🎉 Holly Jackson Happy anniversary to you both! Wishing you a day filled with love, laughter, and happy memories. Cheers to many more years of happiness together! 🎉💕👶 Emma Davies Happy anniversary! It's amazing to see your journey together and how strong you've become as a couple. Here's to many more years of love, laughter, and beautiful moments with your ba

by boy! 🎉💕👶 Lauren Smith Happy anniversary to a wonderful couple! Your love and resilience are truly inspiring. May your bond continue to grow stronger and your family be filled with endless joy. Cheers to many more years of love and happiness! 💕👶🎉 Sarah Johnson Happy anniversary to you both! Your love and commitment to each other are truly beautiful. Wishing you a day filled with love, laughter, and sweet moments as you celebrate your special day. Here's to a lifetime of happiness together! 💕👶🎉

healthy lifestyle HealthIsWealth HomeGym FitnessTips Content Comments HomeGym FitnessTips Sounds like a great way to stay healthy and fit Keep up the good work Kyle Abell Amazing dedication and determination Keep pushing yourself You're an inspiration to us all MuayThai StrongMinded StrongBody Well done on pushing through your limits and giving it your all You're doing amazing work Keep it up jaw dropping emojis Kyle Abell Great to see you pushing yourself and giving it your all Such dedication and determination You're an inspiration to us all Keep up the fantastic work Kyle Abell You're doing a fantastic job Keep pushing yourself and striving for greatness Your determination and dedication are truly inspiring So proud of your progress Kyle Abell You're absolutely killing it Keep up the amazing work and never stop pushing yourself Your hard work and dedication are truly commendable Kyle Abell Your strength and determination are truly admirable Keep pushing yourself and never stop striving for greatness You're doing amazing work Kyle Abell Great job on pushing through your limits and giving it your all Your dedication and determination are truly inspiring Keep up the fantastic work Kyle Abell Keep up the awesome work Kyle Abell Your determination and dedication are truly commendable You're doing amazing things and inspiring us all to push ourselves harder Inspirational work Kyle Abell Keep pushing yourself and never give up on your journey to greatness Your determination and resilience are truly admirable We're all rooting for you Kyle Abell

content Looks like you had an amazing time in Ibiza! Happy belated 40th birthday, looks like it was a great celebration with friends. Love the photos! Lindy Smith Looks like an incredible trip, happy belated birthday! Jenna Thompson What a way to celebrate, Ibiza is always a good idea for a birthday trip. Paul Baker Happy 40th birthday, looks like a blast! Can't wait to see more photos from your trip. Bethany Webb Ibiza is definitely a soul-stealing destination, but so worth it for a milestone birthday. Happy birthday! Emma Gray Looks like a fantastic celebration, happy 40th birthday! Ibiza never disappoints. Sarah Foster What a way to celebrate your 40th! Ibiza is always a good time, happy birthday! Erika Wong Stunning photos, looks like a perfect way to celebrate your birthday. Happy 40th! Tommy Lewis Happy birthday and what a way to celebrate in Ibiza, looks like a blast! Can't wait to hear more about your trip.

proud of you for taking proactive steps to ensure you can do everything you need to do for your baby. You got this! Good luck x

people it always brings fresh perspectives and ideas to the table Keep up the great work everyone 5 Attachments comments Marie Thompson Its great to see new faces bringing in new ideas and energy Its always exciting to collaborate with new people Keep up the good work team Rob Miller Agreed Marie Thompson Its amazing how a fresh perspective can really drive innovation and creativity in a team Keep pushing boundaries everyone Tom Hunt Rob Miller Marie Thompson Absolutely We thrive on diversity of thought and experience Keep the ideas flowing team Sarah Johnson Great to see the team growing and evolving with new talent and perspectives Exciting times ahead for us all Tom Hunt Sarah Johnson Definitely Sarah We have such a strong team and I cant wait to see what we can achieve together in the future content Just finished a great brainstorming session with the team So many exciting ideas flowing cant wait to see what we can bring to life in the coming months 2 Attachments comments

Ben Thompson That was such a productive session Im really excited to start working on some of these ideas together with the team Tom Hunt Ben Thompson Agreed Ben Its always amazing to see our collective creativity come to life in our projects Looking forward to the journey ahead with this team content Just finished a fantastic team building session The energy and enthusiasm from everyone was incredible We are ready to take on any challenge that comes our way 3 Attachments comments Heather Wilson Team building sessions are always so inspiring and motivating It's great to see everyone coming together and building strong relationships Tom Hunt Heather Wilson Absolutely Heather The unity and camaraderie that comes out of these sessions is invaluable for our team's success Excited for what's to come from us all James Green These team building sessions are so important for morale and motivation It's amazing to see everyone on the same page and ready to tackle any obstacles that come our way Great work team Tom Hunt James Green Couldn't agree more James Team cohesion is key to our success and these sessions really help in strengthening that bond Let's keep pushing forward together content Great work team Content with comments Tom Hunt Its nights like these that remind me how lucky I am to have such an incredible team by my side The hard work and dedication you all put in doesn't go unnoticed Thank you for being amazing Ben Thompson Tom Hunt Its a pleasure to work with such a talented and dedicated team Your leadership and support help drive us forward every day Thank you for guiding us to success Heather Wilson Tom Hunt Thank you for always believing in us and pushing us to be the best we can be Your positivity and enthusiasm are infectious and truly inspire us all Keep leading the way Tom! Marie Thompson Tom Hunt Thank you for creating a positive and empowering work environment Your passion for what you do motivates and encourages us to strive for excellence Together we can achieve anything content Celebrating the successes of the team tonight Nothing beats coming together to recognize all the hard work and achievements that we've accomplished Here's to many more wins together 3 Attachments comments Ben Thompson Celebrating the team's successes is always a highlight for me It's great to reflect on how far we've come and the great things we've achieved together Here's to many more victories Tom Hunt Ben Thompson Absolutely Ben It's important to celebrate our wins and acknowledge the dedication and effort each team member puts in Let's keep aiming higher and achieving more together Heather Wilson Tom Hunt Cheers to our amazing team and all the incredible accomplishments we've achieved together Your leadership and encouragement have been instrumental in our success Let's keep pushing boundaries and making a difference James Green Tom Hunt Here's to the team's unwavering determination and commitment to excellence We've achieved so much together and I'm excited to see what we'll conquer next with your guidance and our collective efforts Raise a glass to us all! content Exciting times ahead for our team with new projects on the horizon Looking forward to the creative challenges and opportunities that lie ahead Let's make some magic happen together! 2 Attachments comments Marie Thompson New projects mean new opportunities for growth and innovation I can't wait to see what we can achieve together as a team Let's bring our creativity and passion to the table and make some incredible things happen Tom Hunt Marie Thompson Absolutely Marie The thrill of embarking on new projects is unmatched and I'm confident that our team will rise to the occasion and deliver outstanding results Let's make magic together once again Ben Thompson Tom Hunt New projects always bring a sense of excitement and anticipation I'm looking forward to collaborating with the team and bringing our ideas to life Let's create some memorable experiences and exceed expectations together content Excited to announce that our team has been recognized for our outstanding work and dedication A huge shoutout to everyone for their commitment and contributions Let's continue to strive for excellence and achieve even greater success together

her 3 Attachments comments Heather Wilson Being recognized for our hard work is such a rewarding feeling It's a testament to the incredible team we have and the passion we put into everything we do Let's keep pushing boundaries and setting new benchmarks Tom Hunt Heather Wilson Absolutely Heather This recognition is a reflection of the talent and dedication of each team member

Hannah Cahoon Happy 40th birthday James! Have a fantastic day x Sara Currie Happy birthday James, hope you're having a great celebration xx Jane May Happy 40th birthday Suttty! Enjoy every moment xx Jules Morgan Happy birthday James, have an amazing day! xx Charlotte Bladen Happy birthday Suttty, cheers to the next 40 years! xx Chris Geach Happy birthday mate, hope you're having a blast on your special day! xx Gemma Stevens Happy 40th birthday James, you deserve the best day ever! xx Kerry Dennis Happy birthday Suttty, hope you're celebrating in style! xx Emma Johnson Happy 40th birthday James, here's to many more wonderful years ahead! xx Lauren Miller Happy birthday to the most amazing person, have a fantastic day! xx Lisa Bennett Happy 40th birthday James, hope it's filled with love and laughter! xx Katie Wright Happy birthday Suttty, you're an inspiration to us all! xx Georgina Price Happy 40th birthday James, may all your dreams come true today! xx Louise King Happy birthday Suttty, wishing you all the happiness in the world! xx Clare Taylor Happy 40th birthday James, you're a true superstar! xx Andrea Hughes Happy birthday Suttty, keep shining bright like the star you are! xx Laura Townsend Happy 40th birthday James, here's to a lifetime of love and joy! xx Rosie Parker Happy birthday Suttty, you're a legend in every way! xx Rachel Scott Happy 40th birthday James, you make the world a better place! xx Sam Pearson Happy birthday Suttty, may your day be filled with magic and wonder! xx Rachel Thompson Happy 40th birthday James, you're a gift to us all! xx Gemma Andrews Happy birthday Suttty, may this year be your best one yet! xx Lauren Thompson Happy 40th birthday James, you're a treasure beyond measure! xx Kelly Robinson Happy birthday Suttty, you're the light in so many lives! xx Rachel Turner Happy 40th birthday James, may your day be as special as you are! xx Gemma Brooks Happy birthday Suttty, you're a true blessing to us all! xx Lauren Evans Happy 40th birthday James, you're a one-of-a-kind gem! xx Kelly Harrison Happy birthday Suttty, may your day be filled with love and joy! xx Rachel Wilson Happy 40th birthday James, you're a rare and beautiful soul! xx Gemma Simmons Happy birthday Suttty, may this day be the start of your best year yet! xx Lauren Harrison Happy 40th birthday James, you're an inspiration to us all! xx Kelly Mitchell Happy birthday Suttty, keep shining bright like the star you are! xx Rachel Green Happy 40th birthday James, here's to many more wonderful years ahead! xx Gemma White Happy birthday Suttty, may all your dreams come true today! xx Louise Clark Happy 40th birthday James, wishing you a day as amazing as you are! xx Clare Harvey Happy birthday Suttty, you're a true superstar! xx Andrea Stone Happy 40th birthday James, keep being the incredible person you are! xx Laura Harrison Happy birthday Suttty, may this year be your best one yet! xx Rosie Owen Happy 40th birthday James, you're a legend in every way! xx Rachel Cook Happy birthday Suttty, may your day be filled with laughter and love! xx Sam Mitchell Happy 40th birthday James, you deserve all the happiness in the world! xx Rachel Ford Happy birthday Suttty, you're a true blessing to us all! xx Gemma Pearce Happy 40th birthday James, you bring so much joy to those around you! xx Lauren Heath Happy birthday Suttty, may this day be as wonderful as you are! xx Gemma Ward Happy 40th birthday James, here's to an amazing year ahead! xx Kelly Holmes Happy birthday Suttty, may your day be filled with love and laughter! xx Rachel Palmer Happy 40th birthday James, you're a true gift to us all! xx Sam Foster Happy birthday Suttty, keep being the incredible person you are! xx Rachel Goodman Happy 40th birthday James, here's to many more years of love and happiness! xx Gemma Morton Happy birthday Suttty, may this year be your best one yet! xx Lauren Burton H

appy 40th birthday James, you're a shining star in our lives! xx Kelly Cassidy Happy birthday Suttty, you're a true inspiration to us all! xx Emma Palmer Happy 40th birthday James, may your day be as special as you are to us! xx Lauren Barber Happy birthday Suttty, keep spreading your light and love! xx Gemma Fisher Happy 40th birthday James, here's to a lifetime of joy and fulfillment

achievement, well done! Keep up the amazing work. Well done on completing your Ultra Marathon, that is an incredible accomplishment! Your dedication and hard work really paid off. Keep pushing yourself and reaching for your goals, you truly are a legend! Enjoy the journey and all the success that comes with it. Good luck on your next race, you got this!

Congratulations on such amazing news! This is truly wonderful and we wish you all the best on this new journey as parents. Enjoy every moment of this precious time with your little boy.

Also, it's inspiring to see the progress and determination of Susie Thompson in her recovery journey. Keep pushing through and never give up, you're doing incredible things.

And to all the athletes participating in Muay Thai, CrossFit, and ultra marathons, keep up the hard work and dedication. Your passion and drive are truly admirable. Good luck in all your future endeavors!

And for those interested in adaptive Muay Thai, it's definitely worth looking into and exploring. It's amazing to see the inclusivity and diversity in the world of combat sports. Keep pushing boundaries and breaking barriers.

Congratulations to all on your successes, achievements, and wonderful news! Keep inspiring and motivating others on your journeys.

and your wife! Congratulations on the arrival of your baby son, such wonderful news! Enjoy every moment with him. Much love and blessings to your growing family. ❤️

I was alone but seeing your positive outlook and how you continue to live life to the fullest gives me hope Thank you for sharing your journey with us James You're amazing.

absolute inspiration, James! Your determination and strength are truly admirable. Congratulations on such an incredible achievement. Keep pushing yourself and continue to inspire others with your story. You are a true inspiration to us all. Congratulations on the upcoming arrival of your little one as well. Wishing you and your wife all the best as you embark on this new journey together. Stay strong and keep pushing forward, you've got this!

done, what an incredible achievement! You should be very proud of yourself. Keep up the great work and continue inspiring others with your perseverance and determination. Well done!

for it mate! You've got this! Best of luck in the TCS London Marathon, you'll smash it!

Jennifer must be feeling very proud and empowered to make such a statement. It's inspiring to see someone speak their truth with confidence and conviction. It's clear that Jennifer is standing up for herself and her beliefs, and that is truly commendable.

and I have no doubt that you and your partner will make amazing parents. Your strength and resilience are truly inspirational. Ignore the negativity and focus on the love and happiness that your child will bring. Congratulations to you both on this new chapter in your lives. You deserve all the joy in the world. Stay strong and keep shining bright.

Well said James! You handled that comment like a true legend. Congratulations to you and your wife on your baby news. Keep shining your light and positivity in the world! Much love and support from all of us.

Thank you all for your kind words and congratulations! We are beyond excited for this next chapter in our lives. Your support means the world to us. Much love to you all! ❤️👶🎉

both and can't wait to meet the little one! Lots of love xx Tracy Fenton Congratulations to you both Amazing news xx Vicki Ross That's amazing news, congratulations to you both xx Jo Mott Congratulations, such wonderful news xx Gemma Wright Ahhh congratulations to you both, so happy for you xx Emma Scott So thrilled for you both, congratulations! xx Karla Johnson Congratulations on your exciting news! xx Emma Evans Ahh this is such wonderful news, congratulations to you both xx Emily White Congratulations on your fantastic news xx Mark Davies Amazing news, congratulations to you both xx Sophie Turner Congratulations on your upcoming arrival, so happy for you both xx Hannah Watts Wishing you all the best, congratulations on your pregnancy xx Alice Brooks Congratulations on this exciting new chapter in your lives, so happy for you both xx

(Note: These messages are fictional and created by using AI)

you both! So happy for you xx Sarah James Congratulations on the wonderful news! Ruby Thompson Congratulations to the both of you, such amazing news! Keep us updated xx Liam Jones Fantastic news, congratulations to you both! Emma Porter Congratulations on the exciting news, so happy for you both xx Kelly Bennett Amazing news, congratulations to the happy couple! Mark Evans Congratulations on the new addition to your family, wishing you all the best xx.

! Congratulations to you both x KeepMeInstantly Ahh such wonderful news Congratulations to you both xx Alex Taken Such fantastic news Congratulations to you both xx Barry McCann Congrats mate Joanne Gritton Wonderful news Congratulations to you both xx Lauren Williams Amazing news Congratulations to you both xx Max Palmer Congratulations to you both Matt Williams So happy for you both Congratulations xx Emma Taylor Fantastic news Congratulations to you both xx Ruby Khan Such amazing news Congratulations to you both xx Rachel Patel Congratulations to you both xx Emma Thompson Wonderful news Congratulations to you both xx Kate Roberts Congratulations to you both xx Sarah Jones Amazing news Congratulations to you both xx Gemma Stevens Congratulations to you both xx Laura Collins Fantastic news Congratulations to you both xx Danielle Walker Congratulations to you both xx Cheryl Jackson Amazing news Congratulations to you both xx Hayley Reed Congratulations to you both xx Jenna Phillips Fantastic news Congratulations to you both xx Claire Edwards Amazing news Congratulations to you both xx Gemma Bennett Congratulations to you both xx Lucy Carter Fantastic news Congratulations to you both xx Rachel Young Amazing news Congratulations to you both xx Harriet King Congratulations to you both xx Claire Barnes Fantastic news Congratulations to you both xx Emily Fisher Amazing news Congratulations to you both xx Stephanie Scott Congratulations to you both xx Holly Morris Fantastic news Congratulations to you both xx Laura Evans Amazing news Congratulations to you both xx Sarah Mitchell Congratulations to you both xx Sophie Turner Fantastic news Congratulations to you both xx Gemma Ward Amazing news Congratulations to you both xx Lauren Parker Congratulations to you both xx Hannah Hughes Fantastic news Congratulations to you both xx Kerry Wright Amazing news Congratulations to you both xx Rebecca Foster Congratulations to you both xx Hayley Watson Fantastic news Congratulations to you both xx Charlotte Shaw Amazing news Congratulati

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ing news Congratulations to you both xx Rosie

Looks like it will be a tough but rewarding challenge! Good luck to both of you, you've got this! Alison Toon Congratulations on completing the London Landmarks Half Marathon and good luck with your upcoming challenges and fundraising efforts! Your determination and dedication are inspiring. Amanda Johnstone Congratulations on completing the London Landmarks Half Marathon and good luck with the rest of your races! You are doing an amazing job raising money for such a worthy cause. Keep up the great work!

Love your honesty and vulnerability James It's important to reflect on the past and learn from it to move forward stronger. Keep pushing forward, you're doing great! Lisa Pound You're amazing James, keep shining bright! Jade Ella Reflecting on the past is important for growth and moving forward. Keep pushing forward, you're doing great James! Angie Walker You have such a positive mindset, it's truly inspiring. Keep looking forward and keep pushing through, you're a warrior!

friend Go for it and smash those goals! You got this x x x Sarah Meachin You got this James! Absolutely smashing it x x x Paul Dunstone You're a legend mate, you'll definitely succeed! Keep pushing yourself x x x Amy Marquette Wow, you are truly inspiring! I have no doubt you will succeed in all your goals x x x Natalie McNally You are a powerhouse, James! I have no doubt you'll crush those goals x x x Dean Martin Carroll Keep pushing yourself, James! You are unstoppable x x x You've got this! Claire Griffiths You're a force to be reckoned with, James! Best of luck with all your goals x x x Troy Johnson You're a machine, mate! Can't wait to see you conquer those goals x x x Paul Dunstone Seriously mate, you're a beast! Keep doing amazing things x x x Scott Brady There's no stopping you, James! Keep shining bright x x x Pete Murphy Absolutely incredible, James! You will definitely succeed in all your goals x x x Ros Smith You are a true inspiration, James! Keep pushing yourself and achieving greatness x x x Mark Goelabdien You are destined for greatness, James! Keep pushing and conquering those goals x x x Diane Gowland Anthony Dowell You're a true inspiration, James! Keep doing amazing things x x x Sarah Meachin Your determination and dedication are truly inspiring, James! Keep pushing yourself x x x Sabine Lauren You are a true inspiration, James! Keep pushing yourself and achieving greatness x x x Anthony Dowell Lads making comments like that should just be thankful their dad was too drunk to operate a coat hanger when it was required x x x Julie Fitzgerald You are a true inspiration, James! Keep pushing yourself and achieving greatness x x x Andrew Thwaite What a total bellend James Sutliff you are indeed a legend and inspire so many. Take care of yourself mate, sending much love to you and Sam x x x Jennifer Caffiero Christine Holland X x x you can achieve everything my lovely x x x Teresa Tebbutt Keep going Nina Millis You have done more than you know for people with disabilities. Even if it's just a wake-up call. Julie Fitzgerald Chris Tarbuck Hope you're all good, pal x x x Crystal Hughes Everyone is doing such a fantastic job. Monday motivation: remember that your struggles have helped shape you into the strong individual you are today. Monday motivation x x x Neeltje Wilson Ben Jones You never fail, my friend. Go for it and smash those goals! You've got this x x x Sarah Meachin You got this James! Absolutely smashing it x x x Paul Dunstone You're a legend mate, you'll definitely succeed! Keep pushing yourself x x x Amy Marquette Wow, you are truly inspiring! I have no doubt you will succeed in all your goals x x x Natalie McNally You are a powerhouse, James! I have no doubt you'll crush those goals x x x Dean Martin Carroll Keep pushing yourself, James! You are unstoppable x x x You've got this! Claire Griffiths You're a force to be reckoned with, James! Best of luck with all your goals x x x Troy Johnson You're a machine, mate! Can't wait to see you conquer those goals x x x Paul Dunstone Seriously mate, you're a beast! Keep doing amazing things x x x Scott Brady There's no stopping you, James! Keep shining bright x x x Pete Murphy

y Absolutely incredible, James! You will definitely succeed in all your goals x x x Ros Smith You are a true inspiration, James! Keep pushing yourself and achieving greatness x x x Mark Goelabdien You are destined for greatness, James! Keep pushing and conquering those goals x x x Diane Gowland Anthony Dowell You're a true inspiration, James! Keep doing amazing things x x x Sarah Meachin Your determination and dedication are truly inspiring, James! Keep pushing yourself x x x Sabine Lauren You are a true inspiration, James! Keep pushing yourself and achieving greatness x x x Anthony Dowell Lads making comments like that should just be thankful their dad was too drunk to operate a coat hanger when it was required x x x Julie Fitzgerald You are a true inspiration, James! Keep pushing yourself and achieving greatness x x x.

friend throughout the year. Merry Christmas to you and your family! James Sutliff Thank you so much Craig Mingus, Merry Christmas to you too! Let's make 2024 even better! 🎄🎁🌟❤️

re all behind you! Love and support from California xx Tara McLavin Happy Christmas to you and Sam Kyle Abell Merry Christmas to you too, brother! Adrian Burdett Merry Christmas to you as well, Christine Holland. Sending love and positivity your way. Tisha A Glad Beth Bennett, wishing you a Merry Christmas full of joy and love. Mandy Thompson Maria Liebszeit, John Mead, Robb Baker, Kilian Fisher, Roger Ruane, thank you for all the support and positivity. Have a great Christmas! Diane Gowland Merry Christmas to you too, Steven Warrington, Darrel W Loveless, Jane Adams. Spread the holiday cheer and love to everyone around you. Neeltje Wilson, Kate Needham, Lynn Hobson, thank you for always being a source of inspiration. Merry Christmas to you all! And to James Sutliff, thank you for all the hard work and dedication. You are truly inspiring. Keep shining bright! Happy holidays to everyone!

Video comments:

Simon Gray Amazing work James Sutliff, truly inspiring!

Beth Bennett What an incredible video, Henry will always be remembered for his strength and spirit. Thank you for sharing this with us.

Michele Rutherford Such an emotional and heartwarming video, thank you for sharing this journey with us.

Christine Holland Henry's story will always be an inspiration to us all, thank you for helping him walk.

of my father during his battle with cancer and it's a constant struggle. It's important to talk about it and not keep it bottled up. Stay strong James content Keep up the good fight content Thank you to everyone who attended the charity quiz night last night The support was overwhelming and we raised a significant amount of money for the Foundation It means the world to us that so many people care about what we do and are willing to help us continue our work Thank you from the bottom of our hearts with a Photo comments Eddie Polanco Well done James you are doing amazing work for a great cause Christine Holland Fantastic achievement content Never give up life adversities whatever the obstacles focus on what you can do with a photo comments Christine Holland Fantastic achievement James x x Eddie Polanco You are an inspiration James keep up the great work content Another successful fundraising event done and dusted A huge thank you to everyone who donated their time money and support to help raise vital funds for the Foundation We couldn't do it without you Your generosity is truly appreciated content Keep up the good work content Life is full of ups and downs twists and turns but it's how we handle them that define us Keep pushing through the tough times and celebrate the victories no matter how small they may seem You are stronger than you think with a Photo comments Christine Holland Amazing words James x x Jackie Armstrong So true keep pushing through content Celebrate the small victories they all add up in the end content Thank you to everyone who came along to our charity bootcamp session yesterday We had a great turnout and raised a fantastic amount

t of money for the Foundation Your support means everything to us and we are so grateful for your generosity Keep up the great work team with a Photo comments Eddie Polanco Well done to everyone who took part James you are doing incredible work for a great cause Christine Holland Fantastic effort from everyone x x content Keep up the great work team content Life can throw some curveballs at us but its how we handle them that defines us Keep pushing through the tough times and celebrate the victories no matter how small they may seem You are stronger than you think with a Photo comments Christine Holland Love this James x x content Another successful fundraising event done and dusted A huge thank you to everyone who donated their time money and support to help raise vital funds for the Foundation We couldn't do it without you Your generosity is truly appreciated content Never give up life adversities whatever the obstacles focus on what you can do with a photo comments Christine Holland Fantastic achievement James x x Eddie Polanco You are an inspiration James keep up the great work

Cosby! Such dedication and hard work pays off in the end. Truly inspiring to see someone achieving their goals and transforming their body for the better. Keep up the amazing work Noah, you're an inspiration to us all! transformation fitnessgoals dedication hardwork with a video comments Mark Sullivan Incredible transformation! Noah Cosby you are a true inspiration, keep pushing yourself to new heights! Noah Cosby Mark Sullivan thank you so much for the kind words! Kyle Abell Amazing progress mate, keep up the hard work and dedication! Noah Cosby Kyle Abell thank you for the support and encouragement, means a lot! content Wow, what an amazing achievement! Noah Cosby's body transformation is truly inspirational and a great example of what hard work and dedication can accomplish. Keep pushing yourself to new heights, Noah, you're doing incredible things! transformation fitnessgoals dedication hardwork with a video comments Jade Ella Noah Cosby you are a warrior, keep pushing yourself and inspiring others with your amazing progress! Noah Cosby Jade Ella thank you so much for the support and encouragement, means a lot! Olivia Woeck Absolutely incredible, Noah Cosby! Your dedication and hard work are truly paying off, keep pushing yourself to new heights and inspiring others with your transformation! Noah Cosby Olivia Woeck thank you for the kind words, I appreciate it more than you know! David Needham Noah Cosby you are a true inspiration, keep up the hard work and keep pushing yourself to reach your goals! Noah Cosby David Needham thank you so much for the support, means a lot coming from you! content Noah Cosby's body transformation is truly inspirational and a testament to the power of hard work and dedication. Keep pushing yourself to new heights, Noah, you're doing amazing things and inspiring others along the way! transformation fitnessgoals dedication hardwork with a video comments Kyle Abell Absolutely incredible progress Noah Cosby, keep pushing yourself and inspiring others with your dedication and hard work! Noah Cosby Kyle Abell thank you for the support and encouragement, means a lot coming from you! Dean Rhodes Noah Cosby you're a true inspiration, keep pushing yourself and reaching new heights with your amazing progress! Noah Cosby Dean Rhodes thank you for the kind words and encouragement, it means a lot to me!

James Sutliff, your dedication and hard work have truly paid off. Congratulations on winning the NSMA UK Inspirational Influencer of the Year award. You deserve all the recognition for the amazing work you do. Keep inspiring others and making a positive impact in the world. Well done!

leg day at the gym this morning But remember to always stay hydrated, stretch properly, and fuel your body with the right nutrition before a race Keep pushing yourself and never give up on your fitness goals with a photo comments nan content Congratulations on completing your first 10-mile race What an achievement Keep up the great work and continue pushing yourself to reach your

ur fitness goals We are proud of you xx Hayley Marshall Well done on completing your first 10-mile race That is a fantastic achievement Keep up the hard work and dedication James You're doing amazing xx Charlotte Franklin Congratulations on completing the race That's a great time for your first 10-miler Keep up the good work and continue pushing yourself to reach your fitness goals Dan Marshall Well done on completing the race mate You smashed it despite the heavy leg day at the gym Keep up the hard work and dedication Karen Nick Carpenter Amazing job on completing the race James You're an inspiration to us all Keep pushing yourself and never give up on your fitness journey Steven Alan Hill Well done mate on completing your first 10-mile race That's a huge achievement and you should be proud of yourself Paul Bird Congratulations on completing the race Suttty You did amazing despite the last-minute decision to participate Keep pushing yourself and continue exceeding your own expectations xx Joanne Hillis Well done on completing the race James You should be proud of yourself for pushing through and finishing strong Mandy Thompson Congratulations on completing the race Suttty You're doing great and we are all cheering you on xx Sue Stephens Great job on completing the race James You're showing true determination and dedication to your fitness goals Keep up the amazing work xx Joanne Smith Well done on completing the race James You're a true inspiration and we are all so proud of you xx Christine Holland Congratulations on completing the race James You're doing incredible and we are all so proud of you Keep pushing yourself and reaching for your goals Dean Kirk Well done mate on completing the race You did amazing and showed true grit and determination Keep up the fantastic work Jamie Edwards Scott Carpenter Congratulations James on completing the race You're a true inspiration and we are all so proud of you Stacey Sidd Well done pal on completing the race That's a huge accomplishment and you should be really proud of yourself Tracy Vergis May James Well done on completing the race You're a true inspiration and we are all cheering you on Debbie Anne Wilmot Bliss Amazing job on completing the race James You're doing fantastic and we are all so proud of you Stephanie Bairstow Laura Goldstraw Congratulations on completing the race James You're smashing your goals and we couldn't be prouder of you Matt Batson Well done on completing the race buddy You're doing amazing and we're all cheering you on Brian Taylor Congratulations on completing the race James You're showing true perseverance and dedication in your fitness journey Gareth Ashenhurst Well done buddy on completing the race You should be really proud of yourself for pushing through and finishing strong Francesca Mahoney Congratulations on completing the race James You're doing awesome and we're all here to support you Kyle Abell Congratulations on completing the race brother You're an inspiration and we are all so proud of you Alison Toon Well done suttty on completing the race You're smashing it and we are all cheering you on Jacquelin Pochin Congratulations on completing the race Suttty You're a true inspiration and we are all so proud of you Chas Allen Excellent work on completing the race James You're showing true determination and dedication in your fitness journey Sarah Cudzilo Spoto Well done on completing the race James You're doing amazing and we are all so proud of you Holly May Carpenter Congratulations on completing the race James You're smashing your goals and we couldn't be prouder of you Arron Aza Congratulations on completing the race James You're a true inspiration and we are all cheering you on Cathy Onderka Well done on completing the race James You're showing incredible strength and perseverance and we are all so proud of you Stephen Taylor Great job on completing the race mate You're doing fantastic and we're all here to support you William Kennedy Congratulations on completing the race James You're an inspiration and we are all so proud of you John Wilson Well done mate on completing the race You're smashing your fitness goals and we're all cheering you on Elbe Wright Congratulations on successfully completing the race

e You're doing amazing and we are all so proud of you Wendy Elaine Coltman Congratulations on completing the race James You're a true inspiration and we are all here to support you Dean Rhodes Well done mate on completing the race You're doing fantastic and we're all so proud of you Helen Fincham Amazing job on completing the race James You're an inspiration and we are all so proud of you Mandeep Singh Badhesha Congratulations on completing the race James You're showing true determination and grit Keep up the great work and continue pushing yourself Jude Roberts Well done on completing the race You're smashing your goals and we are all cheering you on Tracee Vince Congratulations on

the recognition with all your hard work and dedication. You're an inspiration to many.

are a true inspiration and a kind-hearted soul. Keep spreading positivity and making a difference in the lives of others. Enjoy your time in Dubai and keep being your amazing self. Love and support from all of us!

with a video comments nan content No excuses here Just hard work and dedication Well done to these amazing athletes Joe Zackery Potter Thats awesome Keep up the great work Mike March Joe Zackery Potter smashing it mate James Sutcliffe Joe Zackery Potter keep pushing mate Joe Zackery Potter James Sutcliffe cheers Sutts x Mike March Joe Zackery Potter starting for belgrave on Saturday If not Mark Lord could use you Joe Zackery Potter Mike March no mate at home resting up Dawn E Lavin Two hunks Happy 40th better than Hinckley James Sutcliffe Dawn E Lavin Id prefer Hinckley to be honest x Beth Bennett Looking great Darren McGowan Great picture 2 great boys x Dan Whait 2 top lads Have a good one both Sue McAllister Happy 40th have a wonderful time xx James Sutcliffe Harry Coltman leave the alone Tom Hunt Lewis Mezza Merry Happy 40th Luke content Week in and week out these legends are smashing their training and life in general always smiles around with a video comments nan content Week in and week out these legends are smashing their training and life in general always smiles around with a video comments nan content Its not just about having good genetics I work my ass off in everything I do Let me help you with my online coaching platform You get Online coaching for fully able disabled Bespoke coaching tailored to you Personalised training plans Personalised meal plans Weekly checkins All on my app If youre interested click the link in my bio answer the questionnaire or comment below In the comments section HELP ME with a video comments Julie Fitzgerald You are an inspiration to us all Suttly content Very happy boy Two different types of races over the last two weekends with two PBs Today was the Run Leicester Half Marathon and I finally got my 1hr 40mins leicesterhalfmarathon halfmarathon runner getbusyliving leicester with 2 Attachments comments Sharron Morgan Thats awesome Congratulations Lisa Pendleton Thats awesome Congratulations John Wilson Well done mate not before time James Sutcliffe John Wilson miss you mate Nina Millis Big congratulations on getting your time James You are a star in everything you do Richard Holland Congratulations James Fantastic effort Hayley Batson Well done jimboob Bruce Midgley Good effort Christine Holland Well done lovely x x Kevin FraserUrquhart Alastair Robinson Well done Suttly Julie Fitzgerald Olli Ingram Smashing it brother xxx Jim Smith Well done Suttly John Molnar Well done mate Jackie Armstrong well done Beth Bennett Well done James x Sharan Hollis Well done Suttly So good to see you Rachael Coles Great time hun Holly Coles Well done dude Xx Maria Bristow Well done Nikki MacmanardLeake Well done Suttly great race Lovely to see you out on the course xx Paul Jones Great time that was mate Ryan Biddles Well done mate Icant believe I missed you We were there with our coffee trailer Id have sorted you out with some after race refreshments Maybe next year William Kennedy Congratulations Orla Murphy Kane Skinner Well done mate content Who bought you back when you were at your lowest Me me dystonia disability life with a video comments Christine Holland

Amazing x x Dean Rhodes content Youve had a little hiccup in your recovery Geraldine Burdett but we go again Its good seeing you smiling and laughing again spinalcordinjury brokenleg disability disabilitycoach personaltrainer with a video comments Geraldine Burdett So good to be back How can I not smile and laugh with you xx Sharan Hollis Love this Elizabeth Bennett Oh Geraldine just been reading what you have now been up too You get back on the horse as soon as you can Life is for pushing boundaries and the occasional fall is part of it Some folk just go and do extreme falling You are definately a master of that content Bit of advice Who needed to hear this with a video comments Tom Hunt Love you bro content These legends smashed their training last week Whats your excuse disabilitycoach coach personaltrainer Happy anniversary! Such a beautiful couple. Wishing you many more years of love and happiness together.

#happyanniversary #truelove #beautifulcouple

so much inspiration from your posts Keep doing what you're doing, you're making a difference! Stay strong and keep spreading positivity! ❤️

#DystoniaAwareness #StayStrong #PositiveAttitude

an inspiration to so many people. Don't let the negativity of others bring you down. Keep shining bright and living your best life. You are making a positive impact on the world.

finisher medal and certificate. It was a tough race but I pushed through and made it to the end. So proud of myself for achieving this goal. LondonMarathon with a Photo comments Kyle Abell Amazing achievement James Sutliff! You should be incredibly proud of yourself. Keep up the great work! George Peasgood Well done mate, that's a massive achievement! Keep pushing yourself to reach new goals. Rich Summers Incredible job James, you're an inspiration to us all. Keep striving for greatness! Ian Coxy So proud of you mate, keep pushing yourself to new heights. You're unstoppable! Gabriela Cotrich You're a real warrior James, never stop pushing yourself to be the best version of you. Keep up the hard work! Ana Feliciano Absolutely fantastic, James! Your determination and hard work have paid off. Keep setting and achieving amazing goals.

work you're putting in Ps Mel loves our constant banter with a video comments Sarah Braker Haha looks like a fun session James Sutliff Sarah Braker always a good laugh with Tommy Lynn Hobson Keep the banter going guys content Just a little motivational message for you all today Remember that you are capable of achieving anything you set your mind to Stay focused stay positive and keep pushing forward with a Photo comments Mark Anderson Wise words James keep inspiring us all Sarah Braker Needed to hear this today thank you James Sutliff Mark Anderson thank you mate always here to motivate and inspire content Its always a great feeling to see your clients progress and achieve their goals The hard work dedication and determination they put in is truly inspiring Keep pushing forward with a Photo comments Lynn Hobson Well done to your client James they must be over the moon with their progress Sarah Braker Such an amazing feeling to see your clients succeed James Sutliff Lynn Hobson Sarah Braker it really is one of the best parts of my job seeing them reach their goals and exceed their own expectations

Sutliff is truly an inspiration for all of us. Despite facing challenges, he has not only overcome them but also uses his experiences to help and inspire others. His positive outlook on life and selfless attitude is truly commendable. Keep up the great work, Suttty! You are a true warrior and a role model for everyone.

Thank you so much for your kind words and support, it means the world to me. I'm grateful for the progress I've made and excited for what's to come. With

friends like you by my side, I know I can conquer anything.

I commend you for getting through those injections. Stay strong and keep pushing forward. You're an inspiration to others dealing with similar challenges.

Talya Newcome Sending you tons of love and support on your journey to conquer the Ironman! You are amazing and strong, and I have no doubt that you will figure out a way to overcome any challenges that come your way. Keep pushing yourself and never give up on your goals. You've got this!

on completing the Birmingham Great Run half marathon! It's great to see you back running in races again. Keep up the fantastic work and continue pushing yourself. Proud of you!

work on finishing your first marathon! Keep pushing towards that sub 4-hour goal, you've got this! Amazing effort and dedication.

it Sophie O'Hara Good luck James you've got this! Emily Jackson You've trained hard for this, enjoy every moment! You'll do amazing! Laura Reynolds Best of luck James, you've got this in the bag! Go smash it! Paula Evans Good luck James, you'll do us all proud! Run like the wind! Andy Cooper You've got this mate, all the hard work will pay off, go smash it! Jane Smith Good luck James, you'll be amazing, just keep pushing through! Caroline Brown You've trained so hard for this, go out there and show them what you're made of! Good luck! Emma Wilson You've got this James, show them what you're made of! Good luck! Jodie Thompson Good luck James, you'll smash it, believe in yourself! Joe Carter You're going to do amazing, good luck James, you've got this! Emma Harris Stay strong, stay focused, you've got this James, good luck! Anna Patel Sending you all the luck in the world James, go out there and give it your all, you'll do amazing! Sarah Wright You've worked so hard for this, go out there and enjoy every moment, good luck James! Laura Davies Good luck James, you're going to smash it, believe in yourself, you've got this! Sarah Johnson Good luck James, you're going to do amazing, show them what you're made of! Mark Williams Go out there and give it your all James, you'll do amazing, good luck! Lisa Taylor You've got this James, stay strong, stay focused, good luck! Emma King Believe in yourself James, go out there and show them what you're made of, you'll smash it, good luck! Claire Roberts Good luck James, you've trained so hard for this, go out there and give it your all, you'll do amazing! Gemma Lewis You've got this James, go out there and show them what you're made of, good luck! Kelly Hughes Stay focused, stay strong, you've got this James, good luck! Steph Clark Good luck James, you're going to do amazing, believe in yourself, you've got this! Rebecca Scott Go out there and give it your all James, you'll do amazing, good luck! Laura Turner You've worked so hard for this James, go out there and enjoy every moment, good luck! Claire Mitchell Good luck James, show them what you're made of, you've got this! Katy Johnson Believe in yourself James, go out there and do us all proud, good luck! Sarah Roberts You're going to do amazing James, go out there and give it your all, good luck! Rosie Parker Good luck James, you've got this, show them what you're made of, go smash it! Sarah Harris Stay focused, stay strong, you've got this James, good luck! Kate Anderson You've trained so hard for this, go out there and enjoy every moment, good luck James! Emma Hayes Good luck James, you're going to do amazing, show them what you're made of! Lisa Morris Good luck James, go out there and give it your all, you'll do amazing! Laura Green You've got this James, stay focused, stay strong, good luck! Emma Ward Believe in yourself James, go out there and show them what you're made of, you'll smash it, good luck! Claire Baker Go out there and give it your all James, you'll do amazing, good luck! Gemma Wright You've got this James, show them what you're made of, good luck! Kelly Evans Stay strong, stay focused, you've got this James, good luck! Steph White Good luck James, you're going to do amazing, believe in yourself, you've got this

is! Rebecca Jones Go out there and show them what you're made of James, you'll do amazing, good luck! Laura Phillips You've worked so hard for this, go out there and enjoy every moment, good luck! Claire Wilson Good luck James, you've trained so hard for this, go out there and give it your all, you'll do amazing! Gemma Parker You've got this James, go out there and show them what you're made of, good luck! Kelly Turner Stay focused, stay strong, you've got this James, good luck! Steph Roberts Good luck James, you're going to do amazing, believe in yourself, you've got this! Rebecca Hayes You've got this James, show them what you're made of, good luck! Laura Collins Stay strong, stay focused, you've got this James, good luck! Emma Harrison Believe in yourself James, go out there and do us all proud, good luck! Claire King You're going to do amazing James, go out there and give it your all, good luck! Gemma Scott Good luck James, you've got this, show them on your fitness journey and I must say you're doing amazing Keep up the great work! James Sutliff Jane Adams Fitness Coach Thank you so much for your support I really appreciate it x Sarah Thompson You're looking fantastic James Keep up the hard work! Amy Hunter You're killing it James Keep pushing yourself to be the best version of you! Kerry Bennett Loving the progress you're making James Keep it up! Don't let anything hold you back. James Sutliff Kerry Bennett Thank you so much for your kind words and support It means a lot x Sharon Patel You are an inspiration James Keep up the fantastic work! Emma Turner Your dedication is truly inspiring James Keep pushing yourself to reach your goals You've got this! Chris Martin You're doing amazing James Keep up the great work and keep pushing yourself to be the best you can be.

away with a personal best time and more importantly raising money for such an amazing cause Feeling proud and grateful with a Photo comments John Wilson Well done mate, great achievement Manjit Takhar Proud of you bro keep it up Geraldine Burdett Amazing job, so proud of you Lynn Hobson Well done, you're an inspiration to us all Tilly Cumming You're a rockstar, keep shining bright.

Ellis Good luck James you will smash it!! Paul Rhodes Good luck mate you'll do amazing content with a Photo comments Maria Covucci You are truly inspirational James. Good luck on your marathon journey! Emily Johnson You've got this James, best of luck!! Meg Cunningham You've trained so hard for this, you'll do great! Ellen Young You're so close now James, keep pushing through! be a part of this amazing organization and to support those in need Please donate if you can and help make a difference #MattHampsonFoundation #SupportingThoseInNeed #MakingADifference with a video comments John Wilson Such an amazing cause, proud to support it James Sutliff John Wilson Couldn't agree more, such important work being done by the foundation content Absolutely buzzing to have completed the TCS London Marathon in under 4 hours What an incredible experience and all for such a great cause Thank you to everyone who supported me along the way You're all amazing #LondonMarathon #Under4Hours #FeelingProud with a Photo comments Leanne Cope Incredible achievement, well done Keiron Brown Congratulations on an amazing run Laura Jane Johnson So proud of you, well done James Maria Liebszeit Chas Allen Well done mate, you smashed it Ashton Cross Amazing achievement, well done Annette Towle You're a true inspiration, well done Martin Freeman Wooding Absolutely fantastic, well done Diane Gowland Tineil Tanksley So proud of you, well done Joanne Hillis Huge congrats, well deserved Tris Wass Legend, well done Meg Matthews Julia Branston Sebastian Gill Well done mate, so proud Anthony Dowell You smashed it pal, well done Michael Bogart Congratulations, amazing job Helen Fincham You're an inspiration, well done Carl Butterworth Congratulations on a fantastic achievement Desiree Madelin Well deserved, you're incredible Julie Fitzgerald So proud of you, well done Debbie Anne Wilmot Bliss Congratulations, you deserve it Bobbie Porter Well done on an amazing accomplishment Mariela E Martinez Congrats on an incredible run John Wils

onYou're a true legend, well donePaul FlynnAbsolutely legendary, well done m
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tcombeGreat work, well done SutiYvette HaggertyAmazing job, congratulationsM
andy ThompsonWell deserved, you're a starEmma MarchAbsolutely brilliant, wel
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lan RockySo proud of you mate, congratsMegan DeBow SutttyKerry GoughWell don
e, you're amazingTammy StradleyMichelle HeffernanCongratulations, you're a s
tar contentCelebrating another year of living with X-linked Dystonia Parkins
onism (XDP) It's been a tough journey, but one filled with growth, resilienc
e, and determination Thank you to everyone who has supported me along the wa
y Here's to many more years of fighting and raising awareness #XDP #Dystonia
Awareness #Resilience with a Photo commentsLeanne CopeYou're such an inspira
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radleyMichelle HeffernanKeep fighting, you're a true hero

on you mate remembering your mum like that My thoughts are with you always
xx Kelly Robinson Such a beautiful tribute to your mum Suttty Stay strong and
keep making her proud xx content Absolutely beautiful and heartfelt tribute
to your mum Suttty She would be so proud of the person you have become Sendin
g love and strength to you always content Such a touching tribute to your mu
m Suttty She sounds like an incredible woman who left a lasting impact on you
Keep making her proud xx with a video comments Lynn Davidson So touching and
beautiful Suttty Your mum would be so proud of the person you have become xx
content This is so touching and beautiful Suttty Your mum sounds like an amaz
ing woman who shaped you into the incredible person you are today Sending lo
ve and strength to you always content Your mum sounded like an amazing perso
n Suttty and its clear that she had a profound impact on your life Beautiful
tribute to her Sending love and strength to you always James Sutliff Thank y
ou all for your kind words and support Its means the world to me content My
pleasure lovely Keep shining bright and making your mum proud content Always
here for you Suttty Sending love and strength your way xx content You are an
inspiration Suttty Keep making your mum proud She will be looking down on you

with a smile xx

this James! Smash it! Mark Groves All the best mate, you got this! Justine Summers You're gonna crush it, good luck! Keep pushing! Rosie Brown Best of luck, you've got this! Go for it! Mark Davies You're a beast, go crush that race! Beth Latham Good luck today, you'll be amazing! Paul Reynolds Believe in yourself, you've trained hard for this! Go out there and conquer the road!

Well done on completing the half marathon and achieving a personal best time despite the challenges you faced before the race! Your determination and perseverance are truly inspiring. Good luck with your training for the TCS London Marathon and your fundraising for the Matt Hampson Foundation. Keep up the amazing work!

finding a new path I can say that the strength and determination you have shown is truly inspiring Keep pushing forward and never let the negativity of others bring you down You are a true warrior and I have no doubt that you will continue to achieve greatness Stay strong and keep shining bright You are a beacon of hope for so many of us

Carolyn Howard-

You are an inspiration to us all Keep pushing forward and never give up on your dreams You have already achieved so much and I know that you will continue to do amazing things Keep being you and never let the haters get to you You are a true inspiration and I am proud to support you in any way I can Stay strong and keep shining bright

Natalie Hunt-

You are an amazing person with so much strength and determination Your positive attitude and perseverance in the face of adversity is truly inspiring Keep pushing forward and never let the negative comments of others bring you down You are a shining example of resilience and I have no doubt that you will continue to achieve great things Stay strong and keep believing in yourself You are a true inspiration to us all

with a video

comments:

- Sophie Freya Wilson: You are so brave James, keep pushing through!
- John Wilson: You're an inspiration mate, keep fighting!
- Brandie Owens: You are amazing, never forget that.
- Nina Millis: Sending you all the love and strength in the world, you've got this James.
- Jade Ella: Keep shining, James. You're doing incredible things despite your challenges.

haha bring it on John! Let's see if you can handle it 😊

Lorraine Paterson Love this content! Not long until I run the TCS London Marathon for the Matt Hampson Foundation, now it's time for me to push the sponsorship. To sponsor me click the link below. PLEASE SHARE with a Photo comments!

Nadia Cerato: Awesome, Good luck! #content #support #mentalhealth #youarenot alone

Lynn Hobson: thank you, I needed this today

John Pompeo: You're unbelievable, You sound great! Hard work and perseverance pays off

Jamie Beags: You are wonderful

Amy Hardy: Gina Triple G Hopkins Unfortunately I have to say my recent experience is quite different. I'm really struggling and all the text crisis lines seem unmanned. Someone put a post out one of those "if you're struggling, my door is open" but obviously, it wasn't for real life problems and people. It seems it's ok not to be ok until it inconveniences others. Sorry to be a downer and there are some exceptional people out there but that's just my experience atm xx

David Barry: Gina Triple G Hopkins yes, this can be true in any walk of life. Limited funding, work overload on professionals, not enough staff, poor pay, etc. Don't forget you have to take steps to help yourself too. This may sound harsh. Just don't give up on yourself. Keep going and get back up. You may have to knock a few times to be listened to. Good luck on your journey

Gina Triple G Hopkins: David Barry trust me, I'm taking all the steps I can to help myself. I'm no flower but life can get overwhelming and when support systems fail (i.e text crisis lines).

David Barry: Gina Triple G Hopkins yes, I'm sure it must be difficult for you if you have little support. Are there any live groups you can join or set one up? Little steps at a time, look at the little blessings you have. Rather than the system itself, it's not tailor-made to each individual. I have expected more from life too, but it does slap you in the face when expectations are not met. I sincerely wish you well in the future

Gina Triple G Hopkins: David Barry thank you, I have started to join a few groups now. I have the mental health label that I can now do access. My speech is much worse than James', I have the utmost respect for him for doing the videos, it does make it hard. I'm almost ashamed of how negatively I'm writing. I've always been confident until recently

Charlsie Astrid: I needed this today. Thanks babe <3 #content You can do what you put your mind to!

Amy Hardy: content. This man has a story to inspire others in his situation. My mate David Needham #motorneuronedisease #mnd #inspiration

Kate Needham: Brilliant

Fiona Rowland: Excellent

Lynn Hobson: content. The first official half marathon race is in the bag and I'm buzzing. I set myself a target of 2 hours and I got 1:55:26. Not bad considering I started running properly 8 weeks ago. Just another thing I wanted to point out because to me on a personal note it's huge and I'm proud of myself. It's the first time I've made the journey and run on my own. That's not the big part, I had to email ahead to let the organizers know about my disability and that I couldn't pin my race number onto my top because of my dystonia in both hands. The organizers were incredible and helped me when I needed help. The moral of the story is don't let your situation stop you from doing whatever you want to do. Get out there and get things done with 2 Attachments

Rob Jackson: Well done, great running!

Sarah Braker: Well done, Awesome!

SammySam Matthews: Absolutely fantastic effort, Well done!

Sharan Hollis: So proud of you Suttty, Keep going, you've got this!

Claire Ion: Way to go! Such a great inspiration for others xx

Georgina Brownett: You're doing amazing xx

Michael Spiess: Wow, that's awesome. Congratulations!

Andy Tomlinson: Cracking work mate!

Macaila Pruce: Well done!

Harvey Ghuman: Congratulations to you

is from this current year So proud of him and all the hard work hes put in K
eep it up Taylor Gough you inspire so many of us to push ourselves harder an
d reach our goals xx James Sutliff Teresa Aucello thank you so much Teresa T
aylor is a machine and inspires me everyday Love seeing him smash his goals
xx Neeltje Wilson Teresa Aucello well said Teresa Taylor is a true inspirati
on and motivator Keep up the great work Taylor Gough youre smashing it xx Be
th Bennett Teresa Aucello So true Taylor is a powerhouse and his progress is
amazing So proud of him and all he has achieved Keep up the amazing work Tay
lor Gough xx

Well done on running your first half marathon distance! That's a huge accomp
lishment, especially in the rain. Good luck with your training for the TCS L
ondon Marathon 2023, and it's great that you're running for such a fantastic
cause, the Matt Hampson Foundation. Happy New Year to you too!

smiley face emoji comments Nan Adams Amazing dedication and commitment x x x
Steven Alan Hill Thank you so much Nan Adams x x x Happy Holidays to you! Ro
bin Barnes That's impressive, well done! Sue McAllister Wow, that's dedicati
on! Keep up the great work! Joanne Hillis Impressive! Keep pushing yourself,
you've got this! Brandie Owens Great start to your training, keep it up! Jud
y Thompson Wow, that's dedication right there! Holly May Carpenter Keep up t
he hard work, you're doing amazing! John Mead Impressive dedication, keep it
up! Mark SandsFoy Great job on your first big run, keep pushing yourself! Ma
x Goelabdien Keep up the hard work, you're doing great! Stay motivated! Beat
a Bodolai You're killing it with your training, keep it up! Olivia Woeck Ama
zing dedication, keep pushing yourself towards your goals! James Sutliff Tha
nk you everyone for the support and encouragement, it means a lot! Let's kee
p working hard together!

Tara Winters Sorry for your loss, she looks like a beautiful soul. David Pet
erson Sorry for your loss, James. She must have been an amazing woman. Nina
Millis Sending you love and hugs on this difficult day. She will always be w
ith you in spirit. Stay strong. Jackie Armstrong A beautiful tribute to your
mum, James. Rest in peace. Pauline Roberts Thinking of you on this tough da
y, sending love and light your way. Diane Mitchell She was a lovely lady, ma
y she rest in peace. David Harper A wonderful woman gone too soon. Sending y
ou strength and love, James. Alastair Robinson She was a special lady, tha
t's for sure. May she rest in peace. Marcia Uhl Sending you love on this emo
tional day. Cherish the memories and keep her close to your heart always. Je
nnifer Lee Your mum was a true angel, watching over you always. Stay strong,
James. Anna Pettersson A beautiful tribute to your mum, may she rest in peac

e. Nina Millis Thinking of you and your family on this anniversary, James. Stay strong. Becky Conway Your mum was a lovely lady, James. Thinking of you today. Lucy Thompson Sending you love and hugs on this tough day. Your mum was a special woman. Karen Smith A beautiful tribute to your mum on this anniversary, James. Stay strong. Sam Carter Your mum was a wonderful woman, James. Sending you strength and love on this tough day. Take care. Rich Stevens Thinking of you and your family on this emotional day, James. Your mum will always be remembered and cherished. Kelly Knight Your mum was a true inspiration, James. Sending you love and strength on this difficult day. Tom Hunt A beautiful tribute, James. Your mum will always be in your heart. Stay strong.

is amazing news! Well deserved recognition. Keep up the great work!

to keep pushing through and living my best life. Keep inspiring others with your positivity and strength, James. You're truly amazing.

So glad to hear that your son is doing better and that you have found a way to cope with your own challenges. It's amazing how strong you both are. Keep pushing forward and never give up. And happy birthday to your father-in-law! Wishing you all the best. Take care.

, both physically and mentally. Keep up the amazing work!

the progress I've made since then James Sutliff Samantha Sutliff it was an incredible experience Jackie Armstrong Wow can't believe it's been 5 years since then Neil Mac MacLellan Amazing achievement mate proud of you Stephen Thomas Inspirational stuff Sandra Smith So proud of you both Fiona Turner Incredible journey Deborah Louise Well done guys so proud of you Sarah Meachin Such an important story to share Jo Nelmes Keep shining your light James you're doing amazing work Anne Taylor Amazing achievement keep inspiring others Mandy Pollard Inspirational as always xxx Brandie Owens So proud of you both keep shining your light xx Christine Holland Incredible story keep sharing it Nick Carpenter Such an important message to share well done James Sue McAllister Amazing achievement brave and inspiring Tom Allsop Keep up the amazing work James you're an inspiration to us all Dean Moss So proud of you mate keep spreading awareness about Dystonia

Overall, it seems like you've made great progress and continue to inspire others with your journey. Congratulations on all your achievements, and best of luck with your future endeavors!

comments Christine Holland Rest easy H, gone but never forgotten Nick Prior A year already, time flies but memories stay forever in our hearts Sharon Gichrist Always in our thoughts, rest easy H Fiona Rowland Such a tragic loss, may you rest in peace Will content A challenging run this morning but feeling stronger with each step LondonMarathon2023 training progress with a Photo comments Beth Bennett You're doing amazing, keep pushing yourself James Tracy PurcellCopland Strong work mate, keep it up Rhys Bingham Great effort, keep going James Tracy PurcellCopland Thanks, I appreciate the support Sue McAllister You've got this James, keep pushing forward Tom Hunt Well done mate, you're killing it on your training journey John Wilson Looking strong James, keep up the hard work Sandy Maurice You're a beast, keep going strong Ami Potts You're inspiring, keep up the fantastic work Jackie Armstrong Awesome job, keep pushing yourself Fiona Rowland You're a true inspiration, keep going strong Mary Jo Goodale Your determination is admirable, keep up the great work content Another 10k in the books LondonMarathon2023 training is really starting to ramp up feeling strong with each run with a Photo comments Christine Holland You're smashing it James, keep up the fantastic work Nick Prior Impressive as always, keep pushing yourself Sharon Gichrist You're an inspira

tion, keep up the hard work Fiona Rowland You're a machine, keep grinding away Will content Rest day today after a tough week of training Feeling refreshed and ready to tackle the next challenge LondonMarathon2023 training is no joke with a Photo comments Beth Bennett Well deserved rest day James, keep up the great work Rhys Bingham Rest up mate, you've earned it Tom Hunt Enjoy your rest day mate, you're killing it on your training journey John Wilson You're making great progress James, keep up the hard work Sandy Maurice Rest is important, but you'll be back stronger than ever Ami Potts You're unstoppable, keep up the fantastic work Jackie Armstrong Enjoy your rest day, you deserve it Fiona Rowland Rest up and recharge, you're doing amazing Mary Jo Goodale Your dedication is inspiring, keep up the great work content Feeling grateful for another day to run, to push myself to become better and stronger every day LondonMarathon2023 training is a journey and I'm loving every step of it with a Photo comments Christine Holland Your positivity is contagious James, keep up the fantastic work Nick Prior Grateful for your inspiration James, keep pushing yourself Sharon Gichrist Your determination is admirable, keep up the hard work Fiona Rowland You're a true inspiration, keep going strong Will

stomach just reading those comments. Keep doing what you're doing, James. You're an inspiration to so many. Don't let the haters bring you down. Stay strong.

inspiration to so many, don't let the negativity get to you. Keep shining bright, James. You're doing amazing things.

how hurtful and frustrating it must be to deal with ignorant and cruel comments from people who don't understand your journey. Just remember that you have a strong support system and so many people who see and appreciate the real you. Keep being your amazing self and don't let the haters bring you down. You are an inspiration to many, and your strength shines through. Keep shining, James.

you mean "The improvement has been incredible"? That seems to be the sentence that was cut off.

to you both! Wishing you many more years of love and happiness together. 🙌💕

Owen hahaha no they're not tattooed on, just regular shorts! Thank you, we had a great time in Ibiza!

sure you inspire a lot of people with your strength and determination. Keep doing you, James!

s Dystonia. Thank you in advance. Andrea Moore You are an inspiration James, keep up the amazing work. Amy Hardy You are doing an amazing job, keep pushing through. Rosie Woollass Your strength and determination is truly inspiring James. Keep up the incredible work. David Santos You are a true fighter James, keep pushing through the challenges. Michael Parry Your resilience and dedication is truly admirable. Keep up the great work. Beth Bennett You are a true inspiration, James. Keep shining bright. Sue Horne Your positive attitude and determination is truly inspiring. Keep up the amazing work. Well done James.

like this near me Maria Reynolds You are doing amazing work, keep it up! Sam Miller What a great opportunity for those who need it, well done! Anna Patel This is fantastic, keep making a difference in people's lives! Jake Smith Incredible to see the impact you're making, keep up the great work! Kelly Thompson You are truly making a difference, keep inspiring others!

Jones Hi James, hope you're having a great day! Jo Reed Hi James, keep up the awesome work! Emma Smith Hi James, you are such an inspiration. Keep shining bright! Amanda Nguyen Hello from Vietnam, James! Keep up the amazing work. You are an inspiration to us all. Stay strong!

recently started getting botox injections for it but its still a struggle e

very day. Its so nice to see others sharing their stories and raising awareness about dystonia. James Sutliff is truly an inspiration for all of us going through similar challenges.

even know I had a speech problem I can speak normally too and people are always surprised when they hear me speak normally it's like a switch that I can't control I've also tried speech therapy and relaxation techniques but nothing has really helped I just have to take it day by day and try to cope the best I can it's definitely a challenge but it's comforting to know that there are others out there going through the same thing we're not alone x Diane Hucklebridge Ne Morgan Bridget Wilcox its very reassuring to see that your like me with the condition i knew id find someone one day as its quite a rare condition and a lot of people and even some doctors dont know what it is and clearly from my neurologist that i had from the start he still doesnt understand it as i used to ask question about what made it worse and what causes it and he couldn't give me the answers but the a few years ago I found out that it can be hereditary and was quite shocked cause ive now discovered one of my sons has the same condition as me doand I know lots of people in my area so i was thinking that someone in my family might have it but i dont know as i never spoke to the person or remember them and there is no cure for it it would be lovely to have my old self back but i know that's never going to happen x Bridget Wilcox Diane Hucklebridge Ne Morgan That's interesting that it can be hereditary I never knew that I don't have any family members with the condition but it's something to keep in mind for the future I also find it frustrating when doctors don't have the answers or solutions for our condition it can be very disheartening and make us feel alone in our struggles but it's important to keep persevering and finding ways to cope and manage our symptoms it's great to have this support group where we can share our experiences and know that we're not alone in this journey x Diane Hucklebridge Ne Morgan Bridget Wilcox That's definitely something to keep in mind for the future Bridget but it's also sad to think that our children could potentially inherit this condition it's something that no parent wants for their child but all we can do is support them and help them cope if it does happen I agree that it can be frustrating when doctors don't have all the answers but it's important to stay positive and keep searching for solutions and ways to manage our symptoms having this support group has been a blessing and knowing that others understand what we're going through is comforting x

you for sharing your story Bridget and Diane You both have shown such strength and resilience in dealing with your health challenges. It's admirable how you have found ways to cope and manage your conditions despite the difficulties. Your positive attitudes and determination to not let it ruin your life is truly inspiring.

I hope you both continue to find ways to stay positive and take care of yourselves. It's important to remember to prioritize self-care and seek support when needed. Your stories remind us of the importance of resilience and perseverance in the face of adversity. Keep staying strong and keep fighting.

Happy early anniversary to you both and wishing you many more years of love and happiness together. You both deserve all the love and joy in the world. Take care of yourselves and keep shining bright.

the show now James, you are truly incredible and an inspiration to us all. Keep shining bright and spreading awareness for hidden disabilities. You are making a difference in the world. Keep up the amazing work! the amazing work. You are a true inspiration to so many. Stay strong and keep shining bright. Much love and support to you always. You deserve all the recognition and praise for your bravery and resilience. Never let anyone dim

your light. You are a star.

have built for yourself despite your hidden disabilities. Keep up the great work and continue to inspire others. You are truly an inspiration.

programs like this on TV are important to bring awareness to hidden disabilities and mental health issues. It's unfortunate how some individuals with hidden disabilities are misunderstood and face stigma. It's also heartbreaking to hear about cases where parents are wrongly accused of Munchausen by proxy and how it can have a lasting impact on families. It's clear that there needs to be more support and understanding for individuals with disabilities, both hidden and visible, in terms of financial assistance and access to necessary services. The government should take action to improve the benefits system and ensure that everyone can live a dignified life without having to rely on food banks. Thank you for sharing your experience and advocating for those who are facing challenges with hidden disabilities.

Good luck James! You've got this. Keep pushing yourself and stay strong. Your hard work will pay off. Best wishes for the swimathon!

tongue Its not something to mock or make fun of It's a serious condition that affects people's lives every day James stay strong and keep shining your light on those who need it Ignore the negativity and keep spreading love and positivity xx Kerry Gough Well said Sharon Its awful when people mock or make fun of something as serious as Dystonia James is an inspiration to many and a true fighter Keep shining James xx Emma Atkin Well said Sharon and Kerry Dystonia is a serious neurological condition that can cause immense pain and suffering It's important to raise awareness and show support for those who are living with it James you are an inspiration and a true role model Keep fighting the good fight xx Hannah Smith You are incredible James Never let the negative comments get you down You are a shining light in this world and an inspiration to so many Keep being you and keep spreading your message of positivity and strength xx Louise Johnson You are a true hero James Your strength and resilience in the face of adversity is truly inspiring Keep shining bright and never let the haters bring you down You are loved and admired by so many of us xx Kelly Thompson Sending you love and support James You are a beacon of light in a sometimes dark world Keep being your amazing self and never let the negativity of others dim your spirit You are a true hero xx#StayStrongJames #SpreadPositivity #Inspiration #Support #DystoniaAwareness

dedication and strength, Will! Keep pushing forward and inspiring others. You're a true inspiration. Keep it up! 🍌🍌🍌 Sharon Gichrist You are amazing Will, keep up the hard work! Lyn Hamilton Wow, incredible progress, keep it up! Maria Roberts What an inspiration, you're doing great Will! Brandon Chaner Keep pushing yourself, you're on a fantastic journey. Alex McGarry Christian Lardinois You're a true warrior, Will. Keep fighting and inspiring others with your journey. Amazing work! 🍌🍌🍌

look so happy and relaxed, enjoy your time together xx Monica Ford What a beautiful couple! Enjoy your time in the sun x Dawn E Lavin So happy for you both xx Beth Bennett Gorgeous picture x x Natasha Patel Love seeing you both happy xx Emily Roberts You two are goals x x Carmen Bucur Enjoy the sunshine and each other's company x x Emma Carter Such a lovely couple, enjoy your time in the sun x x Julie Evans Looking fabulous as always, have a great time x x Sarah Thompson Love seeing you both so happy, enjoy every moment x x Samantha Hayes You two always bring a smile to my face, have a fantastic time x x Kristi Neifert Lewis Absolutely adore this picture of you both, enjoy the sunshine x x Ashley Johnson You both look amazing, have the best time x x Amanda Cook Always radiating happiness, love it x x Anna Mitchell Such a beautiful couple, have a wonderful time x x Megan Scott You both deserve all the happiness in the world, soak up that sunshine x x Emily Barker Absolutely stunning, enjoy every second of your holiday x x Nicole Davis Love seeing you

both so happy, have a fantastic time in the heat x x Emily Wilson You two are the cutest, have a blast in the sun x x Lauren James You look absolutely amazing, enjoy your holiday x x Gemma King Always looking fab, have an incredible time x x Jordan Brown You two are goals, have a wonderful holiday x x Rebecca Harris Radiating happiness, have the best time x x Charlotte Lee Love seeing you both so happy, enjoy every moment x x Olivia Reed Stunning couple, have a fabulous time in the sun x x Stephanie Wright You both look so in love, have a magical holiday x x Alex Taylor Always looking amazing, have a fantastic time x x Emma Wright Such a beautiful couple, enjoy every moment of your holiday x x Rachel Turner Love seeing you both so happy, have an incredible time x x Alice Moore You two are the best, have a blast in the heat x x Laura Hill You both look so happy, enjoy every second of your holiday x x Natalie Evans Absolutely stunning, have the most amazing time x x Stephanie Wilson Love seeing you both thriving, have a fabulous holiday x x Emma Parker Always bringing joy, have a wonderful time in the sunshine x x Holly Roberts You two are the cutest, have a fantastic holiday x x Megan Green You both look incredible, have the best time x x Sarah Walker So much love for you both, have a magical holiday x x Chloe Hill Radiating happiness, have an incredible time x x Lisa Ward Love seeing you both shine, have a fabulous holiday x x Danielle Kelly Always looking fabulous, have an amazing time x x Lauren Grant You two are goals, have a wonderful holiday x x Sophie Carter Absolutely gorgeous, have the best time x x Eleanor Scott Love seeing you both so happy, enjoy every moment x x Lauren Wright Stunning couple, have a fabulous holiday x x Hannah Cook Always looking amazing, have a fantastic time x x Olivia King You two are the best, have a blast in the heat x x Mia Brown You both look so in love, have a magical holiday x x Grace Harris You both look amazing, have a fabulous time in the sun x x Natalie Turner Love seeing you both so happy, have an incredible holiday x x Emily Wilson You two are the cutest, have a wonderful time x x Charlotte Lee Always looking stunning, have a fantastic holiday x x Olivia Reed Such a beautiful couple, enjoy every moment x x Stephanie Wright Love seeing you both thriving, have a magical holiday x x Alex Taylor You both look so happy, have an amazing time x x Emma Wright Radiating love, have a fabulous holiday x x Rachel Turner Stunning couple, have a wonderful time x x Alice Moore Always looking happy together, have a fantastic holiday x x Laura Hill You two are goals, have the best time x x Natalie Evans Absolutely fantastic, have a magical holiday x x Stephanie Wilson Love seeing you both so happy, have an amazing time x x Emma Parker You both look incredible, have a fabulous holiday x x Holly Roberts Radiating joy, have a wonderful time x x Megan Green You two are the cutest couple, have an incredible holiday x x Sarah Walker Always looking fabulous, have a fantastic time x x Chloe Hill Such a beautiful pair, have a wonderful holiday x x Lisa Ward Love seeing you both shining, have a fabulous time x x Danielle Kelly You both look amazing, have the best time x x Lauren Grant Stunning couple, have a magical holiday x x Sophie Carter Absolutely shining, have a fabulous time x x Eleanor Scott You two are the best, have an incredible holiday x x Lauren Wright Love seeing you so happy, enjoy every moment x x Hannah Cook Gorgeous couple, have a wonderful time x x Olivia King Always looking radiant, have a fantastic holiday x x Mia Brown You both look amazing, have the best time x x Grace Harris Love seeing you both so in love, have a magical holiday x

with a Photo comments Mandy Pollard You have come so far, James! Keep up the amazing work, you inspire us all xx Kyle Bosley Incredible progress, James! Keep pushing forward, you're doing amazing xx Martin Chapman Wow, what a transformation! You should be so proud of yourself for all the hard work you've put in xx Martin Whitcombe Your dedication and perseverance are truly inspiring, James. Keep striving for improvement, you're a true motivation to

us all xx Dean Martin Carroll You're a true example of strength and determination, James. Keep up the great work xx Jim Smith Your progress is incredible, James. Your hard work and determination are paying off, keep it up xx Tracee Vince Wow, James, you are truly amazing! Your progress is outstanding, keep pushing forward xx Kelly BivensEspinoza You have shown so much growth and improvement, James. You should be very proud of yourself xx Andrew Thwaite Your journey is truly inspiring, James. Keep up the great work, you're making a real difference xx Jenelle Dorner Your determination and hard work are evident in your progress, James. Keep pushing forward, you're doing fantastic xx Tara Lansberry You are a true inspiration, James. Your dedication to improvement is commendable, keep up the great work xx Allen Newcomb Your progress is remarkable, James. Your perseverance and positive attitude are truly inspiring, keep it up xx Jocke Toftgrd Your journey is truly inspiring, James. Keep up the amazing work, you're a true inspiration to us all xx Dave Lever Keep it up, James! You're a shining example of strength and resilience, keep pushing forward xx Steve Johnston Your progress is incredible, James. Keep up the great work, you're an inspiration to us all xx Liam Wells You're doing amazing, James. Keep pushing forward, your progress is truly inspiring xx Rachel Wright You have come so far, James. Your hard work and dedication are paying off, keep striving for improvement xx Vadim Feldshtein Your journey is truly inspiring, James. Keep up the great work, you're making a real difference xx Susan Hurst Whaley You should be so proud of how far you've come, James. Your determination and perseverance have led to incredible progress, keep it up xx.

you are incredible and have inspired so many people with your strength and positivity. Keep fighting and pushing forward, you are a true warrior. Sending you all the love and support!

words of support and encouragement, James. Keep fighting and inspiring others with your strength and positivity. You are truly an amazing individual. Stay strong and keep pushing forward.

page You are doing an amazing job raising awareness and educating others about it Keep shining your light James! Kristen Cribbs Your positivity is infectious Keep smiling and spreading awareness about Dystonia You are making a difference! Amy Marquette Your strength and resilience are truly inspiring Thank you for sharing your story and educating others about Dystonia Bryan Thele It's amazing to see how you are using your platform to raise awareness about Dystonia Keep up the great work Justin Thele Keep fighting the good fight James Your advocacy for Dystonia awareness is making a difference in the world Nina Millis Your smile is contagious Keep spreading awareness about Dystonia and inspiring others to do the same Dean Martin Carroll Your positivity and strength are inspiring Thank you for sharing your story and educating others about Dystonia Sue Switchblade You are a shining example of turning adversity into strength Keep smiling and inspiring others to learn more about Dystonia

or anyone else who has been doing it for a long time Everyone starts somewhere and everyone's journey is different Focus on your own progress and growth, and stay true to yourself Keep pushing yourself and never give up on your goals Be proud of how far you've come and keep striving for greatness You are capable of achieving amazing things Stay positive, stay motivated, and keep working hard You got this!

to never give up and keep pushing forward Michelle Blacklock You are truly an inspiration James Your determination and positive attitude are truly admirable Keep shining your light for others to see and be inspired by Natalie Pierce You are such an inspiration James Your positive attitude and determination are truly inspiring Thank you for sharing your journey with us Vicki Smith You are such an incredible person James Your strength and positive attitude

ude are truly inspiring Keep going and never give up on yourself You are amazing Lisa Di Pietrantonio You are truly incredible James Your perseverance and positivity shine through in everything you do You are an inspiration to us all Keep up the amazing work Tracey Davis Your strength and determination are truly inspiring James You have faced so many challenges with grace and resilience Keep going and never give up on yourself You are truly amazing Dawn Schur Beth Vanderheyden Way Natalie Pierce Dawn Schur Beth Vanderheyden Way Really did enjoy watching that workout and the impact it has on many others is truly heartwarming and inspiring to see. Keep up the great work James and keep inspiring others!

a positive and inspiring energy Keep up the great work you are doing You are truly amazing and making a difference in so many lives Tracy Thomas You always know how to motivate and inspire us Keep up the great work James Sutliff You are a true legend Sarah Tindall Jen Hipplloved You are such a ray of sunshine in this world Keep spreading your positivity and inspiring others to be their best selves Yvonne Chapman Your dedication and hard work are paying off Your progress is truly inspiring Christine Holland You are a shining star Keep shining bright Susan Hurst Whaley Your determination and perseverance are admirable Keep pushing yourself to reach your goals Claire Ion Your smile is contagious and uplifting Keep spreading your joy and positivity to those around you Ryan Griffiths Grosso Your strength and resilience are truly inspiring Keep up the great work and never give up Beth Bennett You are a true inspiration Suttu Keep up the amazing work Holly Cline Keep pushing forward and inspiring others with your journey Ashley Bettinger Thank you for sharing your story and inspiring others to never give up Amy Marquette You are a beacon of hope and inspiration to everyone around you Keep shining your light Gloria O'Doherty Keep pushing forward and never give up on your journey to greatness Nina Millis You are an inspiration to us all Leya Sharma Your determination and strength are truly inspiring Dorothy Sandra McKoy Febo Sending prayers and positive vibes your way Keep up the great work Vanou Force Thank you for sharing your journey and inspiring others to never give up Amy Marquette Your positivity and strength are truly inspiring Keep being the amazing person that you are Tony Gonzalez Keep up the great work and continue inspiring others with your journey Amy Marquette You are an amazing person and I am proud to know you Stay sweet and continue spreading your positivity and inspiration Chas Allen You are making a difference in the lives of so many people Keep up the great work Beth Bennett You are a true example of strength and resilience Keep shining bright Gillian Thwaite You are a true legend Keep up the great work and continue inspiring others to be their best Jenny Lis You are a true inspiration to everyone around you Keep spreading your positivity and motivation to those who need it.

strong and inspiring you are! Keep up the amazing work, James! Aurin Ti James, you are truly an inspiration to us all. Jackie Armstrong Mandy Pollard Absolutely amazing! Alan Hayward Keep pushing yourself, Jim! You've got this. Suttu may need more weights, but you're killing it! Esther Marshall Dawn Maria Wow, your dedication and strength are truly admirable. God bless you, James! Cody Childress SAVAGE work, keep it up! Christine Holland Love you, James! Keep shining bright. Adriane Esteves CrossFit or not, you're smashing those deadlifts! Keep pushing yourself. Lorraine Culbert Dakota's smile is truly infectious, what a precious photo! Beth Bennett Happy people indeed, love seeing your beautiful smile. Luke Colman Those tattoos are absolutely stunning, each one telling its own story. Keep rocking the ink, James! Rebecca Exum Your tattoos are perfect, and they show your journey beautifully. Keep adding to your collection, it's therapeutic for the soul. Gemma Kinnaird Lucy Mullock Christine Holland You are truly amazing, keep shining bright! Amy Marquette You and your wife are a beautiful couple, James! Keep spreading posi

tivity through your quotes. Nicole Klaukens Your strength and determination are truly inspiring, keep up the amazing work with those pull-ups! Thank you so much for your kind words and support. It's true, the strength and love of our loved ones can inspire us to keep going, no matter what challenges we face. I am grateful for the lessons my mum taught me and the strength she instilled in me. Sending love and positivity your way. Keep being the amazing person you are.

from improving posture to reducing back pain Here's one of my clients smashing out some core exercises SpinalCordInjury CoreWorkout Disability with a video comments Lynsey Moore Wow, incredible strength! Maria Roberts You are a true inspiration! Amanda Thompson Keep up the great work! Sue McAllister So impressive, keep going! Beata Bodolai You are amazing!

Looking good mate! Rocking the silver fox look! Keep being unique and inspiring others.

Nieves Ooh love it Dana Huber Love the new look James You rock it well Shelli Strickland Love it James You look fabulous Sean Adapa Wow awesome look James Angie Hussell Love it James Sutliff Very nice Veronica Graff So cool looks great on you Kim Herring Wow looks great on you Linda Carter Looks great James Sutliff Mandy Richardson Love it suits you very well xxx Michelle Marie Pissi I love it James Sutliff you look amazing Craig Watts Very handsome dude Luv it Xx

and keep pushing through the challenges. You are truly inspiring. Stay strong! Julie Barrow Oh how I love these words xx Amy Marquette I agree, we just have to keep fighting and pushing through. You are amazing. Keep up the great work. Julie Barrow Absolutely. We have to keep fighting. You are a true warrior. Amy Marquette You are too. Keep fighting, keep pushing. We got this. Julie Barrow Yes, we do. We are strong and resilient. Keep shining bright. content Keep pushing, keep fighting. You are a true inspiration to us all. Stay strong and keep shining bright. Amy Marquette You are too. Keep shining, keep pushing. We are warriors. Julie Barrow Yes, we are warriors. Stay strong, keep fighting. We are unstoppable. Amy Marquette Absolutely, we are unstoppable. Keep pushing, keep shining. We got this. Julie Barrow Yes, we do. Keep pushing, keep fighting. We are strong. Stay strong and keep shining bright. Amy Marquette You are amazing. Keep pushing, keep shining. You are an inspiration. Stay strong. Julie Barrow Thank you. You are amazing too. Keep pushing, keep fighting. We are warriors. Stay strong and keep shining bright. Amy Marquette Absolutely. We are warriors. Keep pushing, keep shining. We got this. Stay strong. Julie Barrow Yes, we do. Keep pushing, keep fighting. We are unstoppable. Stay strong and keep shining bright. Amy Marquette You are a true inspiration. Keep pushing, keep shining. You are amazing. Stay strong. Julie Barrow Thank you. You are amazing too. Keep fighting, keep shining. We are warriors. Stay strong and keep pushing. Amy Marquette Absolutely. We are warriors. Keep fighting, keep shining. We got this. Stay strong. Julie Barrow Yes, we do. Keep pushing, keep fighting. We are strong. Stay strong and keep shining bright. Amy Marquette You are amazing. Keep pushing, keep shining. You are an inspiration. Stay strong. Julie Barrow Thank you. You are amazing too. Keep pushing, keep shining. We are warriors. Stay strong and keep shining bright. Amy Marquette Absolutely. We are warriors. Keep pushing, keep shining. We got this. Stay strong. Julie Barrow Yes, we do. Keep pushing, keep fighting. We are unstoppable. Stay strong and keep shining bright. Amy Marquette You are a true inspiration. Keep pushing, keep shining. You are amazing. Stay strong. Julie Barrow Thank you. You are amazing too. Keep fighting, keep shining. We are warriors. Stay strong and keep pushing. Amy Marquette Absolutely. We are warriors. Keep fighting, keep shining. We got this. Stay strong. Julie Barrow Yes, we do. Keep pushing, keep fighting. We are strong. Stay strong and keep shining bright. Amy Marquette You are amazing. Ke

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x Emma Jane She's beautiful James, looks like she's stolen your heart x x Australia! Wishing you all the best for the year ahead. Keep shining! Julie Fitzgerald Wishing you a wonderful 2022, James! Stay strong and keep spreading your positivity. Sarah Collins Here's to a fresh start in 2022, may it bring you joy and success in all you do. Cheers to a great year ahead!

Castillo You are truly an inspiration James Keep up the amazing work Cathy O'Donnell Your dedication and passion are truly inspiring Well done James Marie Henderson Your work is making a difference in the lives of so many people Keep up the great work!

a meaning Some are just for fun and to express creativity with a video comments Marie Delgado I love how you embrace your tattoos They definitely show off your fun personality content Live life to the fullest with a video comments Rose Nguyen You always inspire me to live life to the fullest Thank you for being you!

Such a beautiful tribute to your mother, James. It's clear that she meant a lot to you and that her memory continues to inspire you every day. Sending love and hugs your way during this difficult time. She would be so proud of the person you have become.

video comments Amy Marquette Thank you for sharing your journey with us Your strength is inspiring Melinda Lawrence Keep up the hard work James You are making such amazing progress Claire Marie Jones Your dedication to improving yourself is truly admirable Derek Cunard You are a warrior and we are all behind you 100% Sharan Hollis Keep pushing yourself James You are doing amazing Wendy Liebhart Your honesty is refreshing and your progress is truly inspiring Beth Bennett You are a fighter and we are all rooting for you Kirsty Johnson You are incredible and your hard work is paying off Keep pushing forward Sheila Merkin You are a true inspiration to us all Keep up the great work Linda Rose Thomson Your determination is truly inspiring Thank you for sharing your journey with us Sandra Mitchell Such a powerful video Thank you for being so open and honest Nick Hirdy Hird Keep fighting James You are amazing content Never forget where you came from Always be humble Always remember the people that helped you along the way Never let success get to your head Always stay true to yourself and your values Dystonia Disability with a Photo comments Jackie Armstrong Such wise words Thank you for sharing your journey with us Julie Fitzgerald Your strength and humility are truly inspiring Meli

nda Lawrence Your journey is a testament to your character Keep pushing forward James Claire Marie Jones Thank you for the reminder to stay humble and grateful Kirsty Johnson Your strength and authenticity shine through in everything you do Beth Bennett You are a true role model for us all Sharon Gichrist Your words are a powerful reminder to always stay true to ourselves Nick Hirdy Hird Wise words from a truly inspiring individual Keep shining James Wendy Liebhart Your strength and humility are truly admirable Linda Rose Thomson Your journey is a testament to your character and resilience Thank you for sharing it with us Sandra Mitchell Your authenticity and humility are truly inspiring Keep pushing forward James Amy Marquette Your words are a powerful reminder to always stay true to ourselves Thank you for being such a positive role model Sheila Merkin You are a true inspiration Keep shining bright James Derek Cunard Your journey is a true testament to your strength and character Keep pushing forward James content Reflecting on how far Ive come in my journey with dystonia and disability Its been a tough road but I am so grateful for the progress I have made and the support I have received along the way Every day is a new opportunity to keep pushing forward and reaching towards my goals Never give up and always believe in yourself Dystonia Disability with a Photo comments Linda Rose Thomson Your progress is truly inspiring Keep fighting James Melinda Lawrence Your determination and resilience are truly admirable Keep pushing forward Amy Marquette Your journey is a testament to your strength and character Thank you for being such an inspiration Wendy Liebhart Your progress is a testament to your hard work and dedication Keep pushing forward James Nick Hirdy Hird Your strength and perseverance are truly inspiring Keep shining bright Beth Bennett Your journey is a reminder to us all to never give up Thank you for sharing it with us Julie Fitzgerald Your progress is a testament to your character and resilience Keep fighting James Sheila Merkin Your determination and humility are truly admirable Keep pushing forward Sandra Mitchell Your journey is a reflection of your strength and resilience Thank you for being such an inspiration Claire Marie Jones Your progress is an inspiration to us all Keep pushing forward James Kirsty Johnson Your journey is a reminder to always believe in ourselves Thank you for sharing it with us Sharon Gichrist Your resilience and authenticity are truly inspiring Keep shining bright content Im honoured to have the opportunity to share my story and inspire others with my journey through dystonia and disability Its been a challenging road but I am grateful for the progress I have made and the support I have received along the way Never give up and always believe in yourself Dystonia Disability with a Video comments Wendy Liebhart Your story is truly inspiring Keep shining bright James Melinda Lawrence Your journey is a testament to your strength and character Keep fighting Amy Marquette Your determination and resilience are truly admirable Keep pushing forward Nick Hirdy Hird Your progress is a reflection of your hard work and dedication Keep pushing forward Beth Bennett Your journey is a reminder to us all to never give up Thank you for sharing it with us Linda Rose Thomson Your strength and perseverance are truly inspiring Keep shining bright Sheila Merkin Your journey is a reflection of your determination and humility Keep fighting Sandra Mitchell Your story is an inspiration to us all Keep pushing forward Claire Marie Jones Your progress is a reminder to always believe in ourselves Thank you for sharing it with us Julie Fitzgerald Your journey is a testament to your resilience and character Keep shining bright Kirsty Johnson Your determination and authenticity are truly admirable Keep pushing forward Sharon Gichrist Your progress is a reflection of your strength and resilience Thank you for being such a positive role model Keep shining bright James

, I have dystonia and sometimes my symptoms can flare up unexpectedly. It can be frustrating, but we just have to keep pushing through. Keep fighting, y

ou're not alone.

let anyone bring me down Keep pushing forward and stay strong, James. You are an inspiration to many.

see, Henry Love was a dear friend to many, including James Sutliff. He was a kind and warm-hearted person who will be greatly missed. It is clear that he had a positive impact on those around him, and his memory will live on in the hearts of those who knew him. Rest in peace, Henry Love.

Sorry for your loss James. My condolences to you and his family.

helps others feel less alone Thank you for sharing Manny Moran Amen to that James We all have our battles to fight Keep pushing forward you are not alone content Grabbing a few days away to relax and recharge with a video comments Karen Thompson Enjoy Julie Harris Have a great time Rick Holland Have a great time Chris Martin Have a fabulous time Ron Jennings Have a great break Neil Arnheim Enjoy your time away content Taking a well deserved break for a few days with a link comments Chris Ross Enjoy your break Lisa Hayes Have a fantastic time Sarah West Have a lovely break Helen Foster Enjoy your time away Rachel Simpson Have a great time Steve Jenkins Relax and recharge Andy Burns Have a great time content Taking a break to recharge the batteries comments nan Enjoy your time away Dave Leonard Have a fantastic break Claire Baker Have a great time Marta Ribeiro Enjoy your break content Time for a short break to recharge the batteries comments Karen Thompson Enjoy every moment Julie Harris Have a fantastic time Rick Holland Have a great time Chris Martin Have a fabulous break Ron Jennings Have a wonderful time Neil Arnheim Enjoy your break Lisa Hayes Have a fantastic time Sarah West Relax and recharge Helen Foster Have a lovely break Rachel Simpson Have a great time Steve Jenkins Enjoy your break Andy Burns Have a fantastic time content Break time Enjoying a much needed rest with a photo comments Kate Hartin looks beautiful enjoy your break Lorraine Culbert Relax and recharge James Alastair Thompson Enjoy every moment Jane Lewis Have a fantastic break Jim Stewart Have a great time Samantha Wilson Have a lovely break Leon Blackwell Enjoy your well deserved break content Just chilling and relaxing for a few days with a link comments Chris Ross Enjoy your chill time Lisa Smith Have a great time Sarah Jones Relax and recharge Simon Brown Have a lovely break Anne Green Enjoy your time off Paul Whitehead Have a fantastic break Sarah Evans Relax and enjoy Helen Scott Have a great time content Relaxing and chilling for a few days with a photo comments Emma Thompson looks peaceful enjoy your chill time Mark Taylor Relax and enjoy every moment Nicola Clark Have a great break Steve Harris Enjoy your chill time Lucy Allen Relax and recharge Angela Wright Have a lovely break Martin Campbell Enjoy your time off Claire Turner Have a fantastic break content Time for a little break to clear the mind and relax comments Karen Thompson Enjoy your peaceful time Julie Harris Have a great time Rick Holland Have a fabulous break Chris Martin Relax and recharge Ron Jennings Have a lovely break Neil Arnheim Enjoy your time off Lisa Hayes Have a fantastic break Sarah West Relax and enjoy Helen Foster Have a great time Rachel Simpson Enjoy your break Steve Jenkins Relax and recharge Andy Burns Have a fantastic time content Clearing the mind and relaxing for a few days with a photo comments Emma Thompson looks serene enjoy your break Mark Taylor Relax and recharge every moment Nicola Clark Have a great time Steve Harris Enjoy your peaceful time Lucy Allen Relax and unwind Angela Wright Have a lovely break Martin Campbell Enjoy your chill time Claire Turner Have a fantastic break

learn and advocate for those with disabilities is truly inspiring. Congratulations on being named for the second year in a row, well-deserved! Anna Pettersson You are amazing and such an inspiration. Keep up the fantastic work! Kelly Knight So proud of you and all that you do for the disabled community. Keep shining your light! Wendy Liebhart You are truly making a difference

nce in the world. Keep pushing boundaries and breaking down barriers. You are incredible!

to say I'm proud of how far I've come and how much I've learned along the way. Thank you for your kind words and support. It means a lot to me.

Nah mate, before that day everything seemed normal to be honest. It was a sudden shift and everything changed in an instant. But it's all part of the journey and I'm grateful for where it's taken me. Always looking forward and staying positive.

and mentor to him xx

Jo Nelves Amazing photos of three amazing people So proud of you all and can't wait to see the full story!

Anja Frank Bekhuis Thank you for sharing your journey with us You are all truly inspiring individuals

Sharon Gichrist What a great team and amazing friends Sending love and support to you all

Maria Roberts You all look fantastic and I can't wait to hear more about your journey with GymCoffee Keep inspiring others!

Kristian Perkins Incredible photos and such a great team Proud to call you all friends xx

great to see the progress you've made in your journey with Dystonia and how you've overcome challenges to inspire others. Keep up the amazing work and continue to inspire those around you!

me apart inside knowing that this is how people hear me. But I know that I need to keep pushing myself and keep raising awareness for Dystonia. Thank you to everyone who has supported me on this journey, it means the world to me. #DystoniaAwarenessMonth #KeepPushingForward #NeverGiveUp

(Note: This is a fictional response to the post content)

fantastic in those underwear! Keep doing you, James. Ignore the haters and keep shining bright. Love and support from all of us! 💪🌟 #DystoniaAwareness #StayStrongJames

sharing your journey and inspiring others Keep it up, you're doing amazing things!

smiling and shining bright, James! Your positivity and determination are truly inspiring. Keep up the amazing work, you are an amazing person and we all appreciate you. Keep smiling and spreading positivity. Much love to you, mate!

to you both, wishing you many more years of love and happiness together. You are an inspiration to us all. Enjoy your special day! 🎉🥳

, James Keep fighting and never give up on your dreams. Your determination and mindset are truly admirable. Wishing you continued strength and success on your journey. Happy anniversary to you and your wife, may you have many more happy years together. Keep shining bright! 💪👏🎉🥳 #nevergiveup #inspiration #happyanniversary

! Keep inspiring others with your hard work and dedication. You are making a difference in the world.

Brown You are a true inspiration James Keep spreading awareness and positivity Emma Davies You are such an incredible soul Keep fighting and inspiring others like me to never give up on themselves Jake Thompson Your strength and resilience are truly admirable Keep shining your light and inspiring others to do the same Lisa Foster You are a beacon of hope and positivity in a world

world that can often feel dark and overwhelming Thank you for all that you do to raise awareness for Dystonia and inspire others to keep pushing forward Michele White You are a true warrior James Your determination and courage are an inspiration to us all Keep fighting the good fight and never lose sight of how far you've come Amanda Turner You are a shining example of strength and perseverance Your story is a testament to the power of resilience and the human spirit Keep sharing your journey and inspiring others to never give up on themselves Tracy King You are a true hero James Your bravery and dedication to raising awareness for Dystonia is truly inspiring Keep shining your light and showing the world that anything is possible with determination and heart.

me, I mean it I know who I am and what I stand for and no amount of negativity can change that Remember, you are strong, you are worthy, and you are enough Don't let anyone else's opinion dim your light Keep shining bright, my friends content selflove positivity with a video comments Amy Marquette You are a shining beacon of positivity Keep doing you, James! Leya Sharma Love your confidence and self-assurance You inspire me! Tammy Riddle Edwards You are such an inspiration, James Never let the haters get you down You're doing amazing! Kelly Thompson Your positivity is infectious Keep spreading that light, James!

Thank you for your support and kind words. It's important to stand up against this kind of behavior and not let it go unnoticed. People who engage in trolling and abuse online often have their own issues to deal with and it's a reflection of their own insecurity and unhappiness. I appreciate all the support and encouragement I receive from those who appreciate and understand the work I do. Let's continue to spread positivity and kindness in a world that can sometimes be filled with negativity. Thank you again for having my back.

screens and feel powerful by bringing others down It's a shame that these trolls exist, but it's important to keep speaking out against their behavior. Keep fighting the good fight, James. You are truly an inspiration.

people out there but don't let them ruin your day You are a true inspiration and a strong individual Keep shining bright and ignore the negativity Amber Davis You are such an amazing person and don't let anyone bring you down Keep spreading positivity and love wherever you go James Sutliff Thank you for being a voice for those who may not have one Stay strong and keep fighting against the hate and ignorance Fiona Reid In a world full of hate be a shining light You are a true inspiration James Keep doing what you do best and ignore the negativity around you You are loved and respected by many Emilia Thornton You are a warrior Don't let the trolls get you down Keep shining bright and inspiring others with your strength and resilience Stay strong and keep fighting the good fight Kate Wallace You are a true inspiration to us all Thank you for standing up for what is right and for being a voice for those who are often silenced You are making a difference in the world and we are grateful for your courage and kindness Keep shining bright and don't let the negativity of others dim your light You are loved and appreciated by many.

management to other conditions like dystonia I would take it in a heartbeat Unfortunately, there isn't one yet But your strength and resilience in facing this challenge are truly inspiring Keep pushing forward and never give up on yourself You are a warrior xx Sarah Gibson You are such an inspiration to so many people, James Your courage and determination are truly amazing Keep fighting and never give up on yourself You are a shining light in this world xx Laura Davis You are truly a remarkable individual, James Your strength and positivity in the face of adversity are admirable Keep staying strong and never lose sight of your worth You are loved and supported by so many xx Emma Thompson You are an incredible inspiration, James Your perseverance and re

silience in the face of challenges are truly remarkable Keep pushing forward and never lose faith in yourself You are making a difference in the world xx Mark Johnson You are a true inspiration, James Your courage and determination in the face of adversity are truly admirable Keep fighting and never give up on yourself You are a beacon of hope for so many xx Lucy Williams You are such a strong and amazing person, James Your bravery and positivity in the face of challenges are truly inspiring Keep believing in yourself and never let anyone dull your light You are a true warrior xx Claire Anderson You are a shining example of strength and resilience, James Your ability to overcome obstacles and keep moving forward is truly commendable Keep being the amazing person that you are and never give up on yourself You are a true hero xx Emily White You are a true inspiration, James Your strength and determination in the face of adversity are truly remarkable Keep fighting and never lose sight of your worth You are a beacon of hope for so many xx Rachel Evans You are a warrior, James Your courage and perseverance in the face of challenges are truly admirable Keep pushing forward and never give up on yourself You are a true inspiration to us all xx Sarah Mitchell You are an incredible human being, James Your kindness and compassion in the face of adversity are truly inspiring Keep being the amazing person that you are and never let anyone bring you down You are loved and supported by so many xx Lauren Thompson You are a true warrior, James Your resilience and strength in the face of challenges are truly admirable Keep fighting and never lose sight of your worth You are a beacon of light in this world xx Anna Roberts You are a shining light in this world, James Your positivity and determination in the face of adversity are truly remarkable Keep pushing forward and never give up on yourself You are a true inspiration to us all xx Katie Walker You are a true hero, James Your bravery and courage in the face of challenges are truly inspiring Keep believing in yourself and never let anyone dim your shine You are loved and supported by so many xx Emma Cooper You are an incredible inspiration, James Your strength and resilience in the face of adversity are truly admirable Keep being the amazing person that you are and never give up on yourself You are a true warrior xx Megan Turner You are a true warrior, James Your perseverance and determination in the face of challenges are truly commendable Keep fighting and never lose sight of your worth You are making a difference in the world xx Laura Harris You are a shining example of strength and resilience, James Your ability to overcome obstacles and keep moving forward is truly inspiring Keep believing in yourself and never let anyone bring you down You are a true hero xx Sarah Adams You are a true inspiration, James Your courage and positivity in the face of challenges are truly remarkable Keep pushing forward and never give up on yourself You are a beacon of hope for so many xx Emma Davies You are such an amazing person, James Your kindness and compassion in the face of adversity are truly admirable Keep being the incredible individual that you are and never let anyone dampen your spirit You are loved and supported by so many xx Sophie Ward You are a true warrior, James Your resilience and strength in the face of challenges are truly inspiring Keep fighting and never lose sight of your worth You are a beacon of light in this world xx Jessica Green You are a shining light in this world, James Your positivity and determination in the face of adversity are truly commendable Keep pushing forward and never give up on yourself You are a true inspiration to us all xx Emily Roberts You are a true hero, James Your bravery and courage in the face of challenges are truly remarkable Keep believing in yourself and never let anyone bring you down You are loved and supported by so many xx Charlotte Wilson You are an incredible inspiration, James Your strength and resilience in the face of adversity are truly admirable Keep being the amazing person that you are and never give up on yourself You are a true warrior xx Olivia Parker You are a true warrior, James Your perseverance and

determination in the face of challenges are truly inspiring Keep fighting and never lose sight of your worth You are making a difference in the world xx Danielle Turner You are a shining example of strength and resilience, James Your ability to overcome obstacles and keep moving forward is truly commendable Keep believing in yourself and never let anyone dim your shine You are a true hero xx Hannah Walker You are a true hero

to help with the constant teeth questions. It is a personal choice to address any issues we may have with our bodies and taking proactive steps to improve our appearance and confidence is important. So, I am getting composite bondings to enhance my smile and address any concerns I have with my teeth. It's important to take care of ourselves and do what makes us feel good about ourselves. content Dental Health Teeth Care with a video comments Ray Gray Keep smiling bro you got this Su Aitken Love your positivity James Content is just a number dont let it define you Linda Sullivan Cant wait to see your new smile Amy Marquette Your always so positive and inspiring man keep shining bright Ayano Tanaka Youre amazing and I love your dedication to your health and well-being Tracee Vince Love your honesty and openness content Dental Health Teeth Care Aesthetics with a video comments Ray Gray Love your honesty bro Marissa Lane You inspire me to take care of myself Susan Hurst Whaley You are such a strong person Maria Roberts Your dedication to your self-care is truly inspiring Nina Millis Keep shining bright James you are an inspiration to us all Gemma Lewis Your dedication to your appearance and confidence is admirable Sam Carter Your positivity is contagious James keep shining bright content Dental Health Aesthetics Self-care with a video comments Ray Gray Keep shining bright James You inspire us all Linda Sullivan Love your dedication to self-care and improving your confidence Amy Marquette Always taking care of yourself man keep up the great work Su Aitken Your dedication to self-care is truly inspiring Nina Millis Keep smiling James your positivity is infectious Gemma Lewis Your dedication to enhancing your appearance is admirable Sam Carter Your dedication to self-care is commendable James keep shining bright content Aesthetics Self-Care Confidence with a video comments Ray Gray Keep shining bright James Your dedication to self-care is truly inspiring Linda Sullivan Love your commitment to self-care and confidence Amy Marquette Always taking care of yourself man keep up the great work Su Aitken Your dedication to self-improvement is admirable Nina Millis Keep shining bright James your positivity is infectious Gemma Lewis Your dedication to enhancing your appearance and confidence is commendable Sam Carter Your dedication to self-care is truly inspiring James keep shining bright.

's your decision at the end of the day, but just know that you are perfect just the way you are. Ignore the negativity and do what makes you happy. Your smile is beautiful regardless of what anyone says. Stay strong and confident in yourself.

and you have a beautiful smile. Don't let anyone else's opinions make you feel like you need to change yourself. You are perfect just the way you are. Stay true to yourself and keep shining bright. Lots of love and positivity coming your way. ❤️☀️

You are such an inspiration, James. Keep pushing through and staying positive. You are making a difference in so many lives. Keep shining bright! ☀️💪 you, the weather can have such a big impact on our bodies and conditions. It's great that you've found what works best for you. Take care of yourself.

Happy birthday James! You are such an inspiration to so many people. Wishing you a fantastic day filled with love and joy. Keep up the amazing work that you do. Many happy returns! 🎉🎂🍷

laughter, joy, and positivity you bring into the world, I hope you have the happiest of birthdays! Keep shining bright, James! Sending you lots of love and well wishes on your special day. Happy Birthday! 🎉🎂🍷

TikTok account DystoniaAwareness:

1. How do you manage your dystonia symptoms on a daily basis?
2. Have you found any specific exercises or therapies that help alleviate your symptoms?
3. How do you stay positive and motivated while living with a chronic condition like dystonia?
4. What advice would you give to someone who has recently been diagnosed with dystonia?
5. How do you educate others about dystonia and raise awareness for the condition?

Keep up the great work, James! Your dedication to raising awareness for dystonia is truly inspiring.

Dystonia is for those who are unfamiliar. It's a neurological movement disorder that causes muscles to contract involuntarily, leading to twisting and repetitive movements or abnormal postures. It can affect various parts of the body, including the neck, face, arms, and legs. Despite the challenges it presents, I am determined to keep pushing forward and living my best life. Thank you for your continued support and understanding. #DystoniaAwareness #KeepMovingForward

James, you are truly an inspiration to so many people with dystonia. Your positive attitude and strength are incredible. It's amazing to see the support and love you receive from your friends and followers. And your new short hair looks fantastic! Keep being your amazing self and spreading awareness for dystonia. You are making a difference. Stay strong and keep shining!

! Keep up the amazing work and continue to inspire others. You are a true role model. Congratulations once again!

Congratulations James! You are truly an inspiration to us all. Keep shining bright and never stop being awesome. Wishing you a wonderful weekend ahead. Keep up the great work!

How much you have overcome Keep shining bright James You inspire so many people with your journey and your dedication Keep pushing forward and never give up You are truly amazing and we are all so grateful to have you in our lives Keep being the superhero that you are Sending you all the love and support in the world 💪❤️🌟

Get back on track this week! Have a great one too! Kelly Thompson Thank you James, you have a great week as well! Keep inspiring others like you always do.

Was no information about what Dystonia was back then but through research and perseverance, I found ways to manage it and live a fulfilling life Now, I use my experience to inspire and help others with disabilities to achieve their fitness goals and push past their limits with a video comments Maria Sanchez Wow, what a journey you've been on James Your determination is truly inspiring Keep pushing forward Emily Shaw Thank you for sharing your story James You are a true warrior and an inspiration to us all Lisa Graham You are a true champion James Never give up on your dreams You are making a difference in the world John Williams You are a true inspiration to everyone around you James Keep shining bright and never stop believing in yourself #inspiration #overcomingchallenges #dystoniaawareness

You are truly inspirational James! Keep up the amazing work and positivity. Your strength and determination are truly inspiring. You are making a difference in so many lives. Keep shining bright!

in the right direction Well done to everyone pushing themselves to achieve their goals! Keep inspiring others!

Wow, incredible work and dedication by all of these individuals. It's truly

inspiring to see them pushing through their challenges and achieving their goals. Keep up the amazing work, James, and continue to motivate and support those around you. Your positive energy and encouragement make a difference in the lives of others. And to those overcoming obstacles and working towards improving their health, you are all truly remarkable. Keep pushing forward and never give up. You are all doing fantastic things, and your strength and determination are truly admirable.

going You are a beacon of strength and inspiration Keep fighting the good fight We are all here cheering you on Michelle Johnson You are not broken You are beautifully and wonderfully made Keep shining your light and inspiring others Stay strong and keep pushing through You are amazing and loved just as you are

disability goes through Stay strong and keep fighting You are not alone in this journey We are all here to support each other Virtual hugs to you James Stay strong and keep pushing forward You are truly an inspiration to so many people around you.

day and face whatever challenges come our way We are strong and resilient, and we will get through this together. Stay strong, my friend. You are loved and supported.

me that no matter what life throws at you, you can still find joy and happiness. You are not broken, you are strong and resilient. Keep fighting, keep smiling, and keep inspiring others. You are a true warrior. Much love to you, James. Stay strong. xx Lisa Ashdown You are not broken James, you are beautifully imperfect and that's what makes you special Andrea Banks This too shall pass James, stay strong and keep shining your light Joanne Ellis You are so strong James, keep fighting and never give up, you are an inspiration to so many people Laura Stevens You are not broken, you are a masterpiece in progress. Keep shining, keep fighting, keep inspiring. You are amazing. Sarah Thompson James, you are not broken. You are a beautiful soul with so much strength and courage. Keep pushing through, keep shining bright. You are an inspiration to us all. Amanda Turner You are not broken, you are a warrior. Keep fighting, keep pushing through, you are stronger than you know. Sending you love and positive vibes. Michelle Harper Your strength and determination are awe-inspiring, James. You are not broken, you are a beacon of light in the darkness. Keep shining, keep fighting, keep inspiring. You are a true hero. Stay strong. xx Shannon Davies

and motivate others. Keep shining bright, James. You are a true inspiration to us all.

supporting each other Keep pushing forward and never give up on your journey You're an inspiration to many around the world Stay strong and keep shining bright Nigel Taylor Thanks for sharing your story with us You are an incredible person Keep moving forward and never forget how much of a difference you make in the world by simply being you Karen Brown You are a true warrior James Stay strong and keep fighting You are an inspiration to us all and we are all here to support you on your journey Sarah Williams Your strength and resilience are truly inspiring Keep pushing through the tough times and know that you are not alone We are all here rooting for you and sending you positive vibes Michael Thompson You are a shining example of strength and courage in the face of adversity Keep fighting and never give up on yourself You are a true inspiration to us all Chris Turner Your journey is a testament to your determination and perseverance Keep pushing forward and never lose sight of how far you've come You are a true inspiration to all of us who have the privilege of knowing you Lisa Reynolds You are an incredible person James Your strength and resilience are truly admirable Keep pushing forward and know that you have a whole community of people cheering you on We believe in you and know that you are capable of overcoming any obstacle that comes your way

Emily Palmer Keep fighting James You are a true inspiration to us all Your strength and determination are truly remarkable and we are all here to support you on your journey You've got this Emma Roberts Stay strong James You are a fighter and a true inspiration to us all Keep pushing forward and never lose sight of your goals We believe in you and know that you have the strength to overcome any challenge that comes your way Lucy Thompson You are a beacon of hope and strength for so many people Your resilience and determination are truly admirable Keep pushing forward and know that you are never alone We are all here to support you and cheer you on every step of the way Keep shining bright James you are a true inspiration to us all Sarah Lewis inspiring, James. Keep pushing forward, you're making a difference in so many lives. Stay strong and keep fighting, you're a warrior.
a Photo comments

Nina Tinson You are such an inspiration Taylor! Keep up the amazing work

Clare Walsh Wow, that is incredible progress. You are a true inspiration Taylor

Manny Moran Taylor, you are a warrior and an inspiration to us all. Keep pushing forward, you're amazing

Noah Moran Taylor, you are incredible. Your determination and strength are truly inspiring. Keep up the great work

Stuart Gregory Look at you go, Taylor! You are smashing it and inspiring others along the way. Keep it up!

Absolutely incredible work James Sutliff! Keep inspiring and motivating others to achieve their goals. Your dedication and passion shine through in everything you do. Well done!

Thank you for all the kind words and support. It means the world to me to be able to inspire and help others in any way I can. I am grateful for the opportunity to do what I love and make a positive impact on those around me. Let's continue to spread awareness and positivity together. Stay strong and keep pushing forward. Much love to you all.

Pettersson Amazing work Dan Keep pushing yourself You're an inspiration to us all Jackie Armstrong Well done Dan keep up the great work Leya Sharma Incredible effort Dan Keep it up Sharon MacGregor Wow Dan you're doing amazing keep it going Darren Grewcock Great work Dan Keep pushing yourself James Sutliff Dan you're smashing it well done mate Kerry Gough Wow Dan you're absolutely incredible keep up the hard work Benjamin Daley Keep pushing yourself Dan You're doing amazing David Callaghan Well done Dan keep it up Mish Tebbatt Brilliant work Dan Keep going strong Kelly Quinn Amazing effort Dan So proud of you John Gough Dan you're doing fantastic keep it up Carol Doughty Great job Dan xxx Adam Ryan Lissa Lynn Meeks Keep up the hard work Dan You're doing great content Disability is not a hindrance It is a challenge to overcome It is a testament to strength and resilience Every accomplishment is a victory Every step forward is a triumph Embrace the challenge and show the world what you are capable of DisabledButNotWeak DisabilityAwareness DisabilityPride with a Photo comments Nadia Cerato Absolutely true words Disability does not define a person Robyn White Disability is a challenge that makes us stronger We are warriors not victims Tiziano Liberati Well said Every accomplishment is worth celebrating Marcy Hackett Embrace the challenge and show your strength You are amazing David Stockill True words Disability does not limit us It empowers us to conquer Anna Pettersson Disability is just a part of who we are It doesn't define us Keep shining bright Julie Singh We are all cap

able of great things disability does not change that Keep pushing forward and inspiring others Kelly Quinn Disability is not a weakness It is a strength that shines through in every accomplishment John Gough Strong words Disability is a challenge that we can overcome with determination and resilience Carol Doughty Beautifully said Disability is just a word It doesn't reflect the amazing person behind it Adam Ryan Lissa Lynn Meeks Disability is just a part of the journey It doesn't determine the destination Keep pushing forward and inspiring others Lawra Pauly Disability doesn't stop us It drives us to succeed and prove our capabilities Content adapted to identify with Disability Awareness.

time I'm so glad you found something that works for you Keep pushing through and stay strong Claire Odwyer Thank you so much for sharing your story James I admire your determination and strength Keep inspiring others with your journey and progress Claire Odwyer Thank you so much for sharing your story James I admire your determination and strength Keep inspiring others with your journey and progress Claire Odwyer Great work James keep pushing forward and never give up on yourself You are an inspiration to us all

positive attitude and determination to keep pushing through. You're an inspiration to many, keep up the great work!

inspiring others, James! Your positivity and determination shine through in everything you do. Keep up the great work!

he belittle someone who is working hard to overcome challenges and inspire others. It's truly pathetic and shows a lack of empathy and understanding. Keep shining bright, Tracee, and don't let the trolls bring you down. You are amazing and an inspiration to so many. Ignore the negativity and keep doing what you do best.

James, you are an amazing inspiration to so many people. Don't let the negativity of others bring you down. Keep shining and spreading your positivity. The trolls will always exist, but their words hold no weight compared to the impact you have on those who truly appreciate and support you. Keep doing what you do best and ignore the haters. You are loved and admired by many. Hayley Batson Nope! I was referring to the person who was being rude to James. James is amazing and definitely not a wanker!

, James. Don't let the negativity of others bring you down. Your strength, positivity, and dedication to your work is truly inspiring. Keep doing what you do best and don't let the trolls get to you. You have a strong support system behind you and we all believe in you. Sending you love and positivity during this time. Stay strong.

Clark Some people are just unhappy with themselves and need to bring others down to feel better about themselves Keep being you James you're doing amazing work and inspiring so many others Keep your head held high and don't let the haters get to you Alexia Hamilton The internet can be a cruel place but don't let the negativity affect you Keep shining bright and being the amazing person you are You have so much support and love from so many people who appreciate you for who you are Stay strong xx Tanya Willis James Sutliff I admire your strength and courage in the face of such negativity Keep doing what you do best and don't let the haters bring you down You are an inspiration to so many keep shining bright xx Andrew Harris Stay strong and keep doing what you do best James Don't let the haters get to you They are just jealous of your success and talent Surround yourself with positivity and love and don't let negativity drag you down You are an amazing person and don't let anyone tell you otherwise x Sarah Davidson You are such a positive light in this world James Don't let the haters dull your shine Keep being you and spreading love and positivity You are an inspiration to so many people xx Karen Thompson Don't listen to the haters James You are an incredible person with so much to offer the world Keep shining bright and don't let their negativity affect you

You are loved and appreciated by so many people who see the amazing work you do every day Stay strong and keep being the wonderful person you are xx Emma Turner James Sutliff You are a beacon of light in a sea of darkness Dont let the trolls bring you down Keep doing what you do best and spreading positivity and love You are an inspiration to so many people and your light shines bright Keep shining bright and dont let anyone dim your sparkle xx Emma Knight Keep your head held high James You are doing amazing work and inspiring so many people Dont let the haters get to you They are just jealous of your success and talent Surround yourself with positivity and love and dont let negativity affect you You are a shining star in this world and dont let anyone take that away from you xx Sarah Patel James Sutliff Dont let the haters bring you down You are an amazing person with so much to offer the world Keep being you and dont let negativity affect you You have so much support and love from those who appreciate you for who you are Stay strong and keep shining bright xx

what you're doing, don't let these negative people bring you down. You're an inspiration to many. Keep shining bright.

is not always visible, but it is real and can have a huge impact on someone's life. Thank you for sharing your journey and inspiring others to keep fighting and staying positive. You are truly amazing, James. Keep shining bright.

and neck, along with physical therapy and Botox injections. She has seen some improvement but is still struggling with the pain and stiffness. Any advice would be greatly appreciated. Thank you for sharing your journey, it gives us hope. James Sutliff Nikki Ramage Tich Ramage Adele Melville I have also had nerve blocks, physical therapy, and Botox injections for my TMJ. In addition, I have been exploring alternative treatments such as acupuncture and massage therapy. Each person responds differently to treatments, so it's important to work closely with your healthcare team to find what works best for you. I wish your sister all the best in her recovery journey. Stay strong and keep fighting. Content.

liners but then I realized it's just his natural eyelashes Claire Odwyer Luke Coltman Haha his eyelashes are amazing Rowena Chen Keep shining bright James Don't let the negativity dim your light You're doing amazing work and inspiring so many people Stay strong and keep pushing forward Charlotte Hudson You are a true inspiration James Keep spreading positivity and love Ignore the trolls and keep being your amazing self You're making a difference in the world Hayley Crawford Your positivity and resilience are truly inspiring Keep being you and don't let the haters bring you down Your light shines bright and you are making a difference in the world Keep fighting the good fight James.

jealousy and insecurity. Keep being your amazing self, James, and don't let the haters bring you down. Your positivity and resilience are inspiring to so many. Ignore the trolls and keep shining bright.

to you! You deserve all the recognition for your hard work and dedication. Keep inspiring others with your story and continue to make a positive impact in the world. Well done!

Sutliff You are such a warrior Keep fighting the good fight xx Tracy Grigsby That is awesome James Keep up the amazing work you do Emma Newman You are a true inspiration James Keep shining your light xx Maria Roberts Keep up the fantastic work you do James You are truly inspiring xx Mark Gilda You are doing amazing things James Keep it up xx Julie Fitzgerald You are such a positive force in the world James Keep being awesome xx Velda Giuliana Gamboa You are an absolute inspiration James Keep spreading your light xx Beata Bodolai Your strength and positivity are truly inspiring James Keep being amazing xx Chris Ware You are a true inspiration James Keep up the fantastic work you do

o xx Matt De Gruchy You are changing the world James Keep being the incredible person you are xx Anna Pettersson Your courage and resilience are truly inspiring James Keep shining bright xx Ray Gray You are a true champion James Keep up the amazing work you do xx Wendy Thompson Keep up the great work James You are an inspiration to us all xx Emma Dare You are such a positive influence James Keep spreading your light xx Sally Brown You are truly inspiring James Keep up the fantastic work you do xx Laura Matthews Your determination and strength are so inspiring James Keep being amazing xx Kerry Davies You are an absolute inspiration James Keep shining your light xx Gilda Robinson Your positivity and courage are truly inspiring James Keep up the amazing work you do xx Nick Hirdy Hird You are a true inspiration James Keep spreading your light xx Karen Evans You are changing lives James Keep being the incredible person you are xx Michelle McManus Your resilience and tenacity are so inspiring James Keep up the fantastic work you do xx Steve Hinds You are a true champion James Keep shining bright xx Donna Thompson Your positivity and strength are truly inspiring James Keep up the amazing work you do xx Rita Patel You are an inspiration James Keep spreading your light xx Sue Richards Your determination and courage are so inspiring James Keep being amazing xx Pamela Grant You are changing the world James Keep up the fantastic work you do xx Sammy Jenkins You are a true inspiration James Keep shining bright xx Sarah Mitchell Your positivity and resilience are truly inspiring James Keep spreading your light xx Claire Foster You are an inspiration to us all James Keep being the incredible person you are xx Charlotte Ward Your strength and determination are so inspiring James Keep up the amazing work you do xx Holly Green You are a true champion James Keep spreading your light xx Amanda Baker Your courage and positivity are truly inspiring James Keep shining bright xx Lauren Price You are a true inspiration James Keep up the fantastic work you do xx Caroline Scott Your resilience and strength are so inspiring James Keep being amazing xx Kelly Hughes You are an inspiration James Keep spreading your light xx Lisa White Your determination and courage are truly inspiring James Keep up the amazing work you do xx Emma Carter You are a true champion James Keep shining bright xx Joanne Butler Your positivity and strength are so inspiring James Keep spreading your light xx Louise Roberts You are a true inspiration James Keep up the fantastic work you do xx Rachel T aylor Your resilience and tenacity are truly inspiring James Keep being amazing xx Sarah King You are changing lives James Keep spreading your light xx Laura Hill Your positivity and courage are so inspiring James Keep up the amazing work you do xx Lucy Brown You are a true inspiration James Keep shining bright xx Emily Davis Your determination and strength are truly inspiring James Keep spreading your light xx Katie Rogers You are an inspiration to us all James Keep being the incredible person you are xx Becky Wright Your courage and resilience are so inspiring James Keep up the fantastic work you do xx Lisa Cooper You are a true champion James Keep shining bright xx Gemma Ward Your positivity and courage are truly inspiring James Keep spreading your light xx Alice Clark You are a true inspiration James Keep up the amazing work you do xx Alex Turner Your resilience and tenacity are so inspiring James Keep being amazing xx Megan Lewis You are changing the world James Keep spreading your light xx Nicole Wright Your positivity and strength are truly inspiring James Keep shining bright xx Lauren Evans You are a true inspiration James Keep up the fantastic work you do xx Ellie Walker Your determination and courage are so inspiring James Keep being amazing xx Danielle Parker You are an inspiration James Keep spreading your light xx Mia Harris Your courage and positivity are truly inspiring James Keep up the amazing work you do xx Grace Wilson You are a true champion James Keep shining bright xx Rebecca Hughes Your resilience and strength are so inspiring James Keep spreading your light xx Sophie Carter You are a true inspiration James Keep up the fantastic

stic work you do xx Beth King Your determination and courage are so inspiring James Keep being amazing xx Louise Hall You are an inspiration to us all James Keep spreading your light xx Rachel Thompson Your positivity and resilience are truly inspiring James Keep shining bright xx Lauren Cooper You are a true champion James Keep up the amazing work you do xx Katie Wright Your courage and positivity are truly inspiring James Keep being amazing xx Lisa Parker You are a true inspiration James Keep spreading your light xx Emma Green Your resilience and tenacity are so inspiring James Keep shining bright xx Charlotte Evans You

I am still battling every day but I am stronger more confident and determined to raise awareness for dystonia Keep fighting James you are an inspiration to us all.

have never felt more empowered to embrace it as a part of me. Thank you for sharing your journey and inspiring others to push through their own challenges. You truly are a strong and amazing individual.

it cause you pain and how do you manage it? Love seeing your positivity and determination shining through! James Sutliff Lynne Avenson yes, dystonia can be painful at times. I manage it through a combination of medication, physical therapy, and staying active. Thank you for your support!

keep inspiring others with your journey. You're making a difference in the world.

any therapists in the Midlands but I hope someone can help you with your hands. Stay strong and keep fighting, you're an inspiration to many. Take care.

Erica Tink Lee I'm so sorry to hear about your mom's situation, that must be incredibly difficult for you and your family. It sounds like fitness has been a great outlet for you in the past, have you tried any online workout classes or videos at home? It might not be the same as going to the gym, but it could still help provide that mental and physical release you need during this tough time. Sending you strength and support.

affect it too InvisibleDisability Dystonia Disability Weather with a video comments Anna Pettersson Weather really does have a huge impact on my Dystonia Marie Bantz I totally get this my Dystonia acts up so much in the cold weather content Stay strong and keep fighting InvisibleDisability Dystonia Fight with a video comments Jackie Armstrong You are such an inspiration keep fighting Marie Bantz Yes keep fighting dont give up content Never give up and keep pushing forward InvisibleDisability Dystonia Push with a video comments Anna Pettersson Keep pushing forward youre doing great Marie Bantz Never give up keep pushing through the tough days content Keep pushing forward and staying positive InvisibleDisability Dystonia Positive with a video comments Jackie Armstrong Stay positive and keep pushing forward Marie Bantz Positivity is key keep fighting content Your strength and resilience are inspiring InvisibleDisability Dystonia Strength with a video comments Anna Pettersson Your strength is truly inspiring keep going Marie Bantz You are so strong keep fighting content Keep being strong and never give up InvisibleDisability Dystonia Hope with a video comments Jackie Armstrong There is always hope keep fighting Marie Bantz Never lose hope keep pushing forward content Never lose hope and keep believing in yourself InvisibleDisability Dystonia Belief with a video comments Anna Pettersson Believe in yourself and keep fighting Marie Bantz Believe in your strength and keep pushing forward content Believe in yourself and never give up on yourself InvisibleDisability Dystonia Believe in Yourself with a video comments Jackie Armstrong Always believe in yourself you are strong Marie Bantz You are so strong believe in yourself content Always believe in yourself and your abilities to overcome any challenge InvisibleDisability Dystonia Overcome with a video comments Anna Pettersson You can overcome anything keep fighting Marie Bantz Youve overcome so much already k

Keep pushing through content Overcome any obstacle and keep moving forward In
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Keep pushing forward and stay strong on your journey InvisibleDisability Dys
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Never give up on your journey you are capable Marie Bantz You are capable of
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stonia Fight with a video comments Anna Pettersson Keep fighting on your jou
rney you are strong Marie Bantz Your

James Sutliff Thank you so much for your kind words, Pascual! I appreciate y
our support and understanding. It's important to see past appearances and ge
t to know the person and their story. Thank you for recognizing that. Much l
ove to you.

. Your strength and resilience are truly inspiring. Keep pushing forward and
never give up. You are a true warrior. Anna Carter You are an amazing person
and an inspiration to us all. Keep shining bright and never let anything hol
d you back. We are all cheering you on. Helen Swift You are a true inspirati
on and your strength and determination are truly admirable. Keep fighting th

e good fight and never give up. You are an inspiration to us all. Amanda Black Keep pushing forward and never give up. Your strength and resilience are truly inspiring. You are a true warrior. Anna Carter You are an amazing person and an inspiration to us all. Keep shining bright and never let anything hold you back. We are all cheering you on. Helen Swift You are a true inspiration and your strength and determination are truly admirable. Keep fighting the good fight and never give up. You are an inspiration to us all. Amanda Black Keep pushing forward and never give up. Your strength and resilience are truly inspiring. You are a true warrior. Anna Carter You are an amazing person and an inspiration to us all. Keep shining bright and never let anything hold you back. We are all cheering you on. Helen Swift You are a true inspiration and your strength and determination are truly admirable. Keep fighting the good fight and never give up. You are an inspiration to us all. Amanda Black

, head over to their website to check it out! Thank you JOEcouk for sharing my story and raising awareness about dystonia. It means a lot to me and others living with this condition. Keep spreading the word and educating others! #DystoniaAwareness #Inspiration #NeverGiveUp

person for doing all of that to support those in need during this difficult time. It's important to come together and help one another out in any way we can. Keep up the amazing work!

. Never let anyone doubt your strength and determination. Keep pushing forward and proving them wrong. You are capable of achieving anything you set your mind to.

James Sutliff, you are truly an inspiration to so many. Keep fighting and stay strong, despite the ignorance and judgement of others. Your perseverance is admirable and you are making a difference in the world. Keep being amazing!

are often overlooked and not given the attention they deserve. It's important to raise awareness and support those who are struggling with invisible illnesses like dystonia. Thank you for sharing your story and inspiring others to keep fighting. You are a true hero.

Thank you so much for sharing your journey and raising awareness for Dystonia. Your resilience and positivity are truly inspiring. Keep pushing forward and making a difference in the lives of others. Stay strong and keep spreading awareness. You are making a difference in the world.

new year to you too, James! Wishing you continued success and all the best in 2021. Keep inspiring others with your positive attitude and determination. You're making a difference in so many lives. Cheers to a brighter future ahead!

're killing it James! Keep up the amazing work! Paul Moore Looks like you're putting in the work, keep it up mate! Nadia Cerato You're truly inspiring, keep pushing yourself! Marie Bantz Exercise is definitely a great way to escape, keep it up! Aimee Bender Love seeing your dedication, keep moving and grooving! You're doing amazing things!

Soto Yes, Taylor's progress is truly remarkable. Looking forward to seeing more of his journey. James Sutliff Pascual Cubero Soto Definitely, he is such an inspiration and a true fighter. Can't wait to see what he accomplishes in 2021.

we can all come together and celebrate in person soon. Merry Christmas and Happy New Year! Hannah Roberts Merry Christmas Sutti Sounds like you nailed it Have a great one xx Emma Jones Merry Christmas James Keep up the great work and have a fantastic holiday season xx Rosie Campbell Merry Christmas James Enjoy the festive season with your loved ones Lots of love xx Tania Patel Merry Christmas James Your progress is truly inspiring Have a wonderful holiday season xx John Gough Merry Christmas James xx Have a great one mate See

you soon for a catch up and a few drinks Jack Wilkinson Merry Christmas mate
Keep up the good work and have a fantastic holiday season xx Jodie Turner Merry Christmas to you and your family James Your speech sounded amazing Keep up the great work xx Sarah Dawson Merry Christmas James Your dedication is truly admirable Have a fabulous holiday season xx Olivia Patel Merry Christmas James Your hard work is paying off Enjoy the festive season with your loved ones xx Sam Matthews Merry Christmas mate Top speech proud of you Sully Keep it up and have a great holiday season x Chris Lincoln Merry Christmas to you and your family James Your progress is incredible Keep pushing yourself and have a fantastic holiday season xx Erin Evans Merry Christmas James Your speech was fantastic Keep up the great work and have a wonderful holiday season xx Cassie Stewart Merry Christmas James Your determination is inspiring Have a fantastic holiday season and keep up the amazing work xx Laura Richardson Merry Christmas James Your speech was so moving Keep up the great work and have a fantastic holiday season xx Kelly Morris Merry Christmas James Your strength and resilience is truly inspiring Keep pushing yourself and have a wonderful holiday season xx Karl Jenkins Merry Christmas James Your progress is remarkable Keep up the great work and have a fantastic holiday season xx Tom Parker Merry Christmas James Your dedication is commendable Keep pushing yourself and have a wonderful holiday season xx Emma Bailey Merry Christmas James Your speech was powerful Keep up the amazing work and have a fantastic holiday season xx Sarah Mitchell Merry Christmas James Your perseverance is admirable Keep pushing yourself and have a wonderful holiday season xx Ruby Thompson Merry Christmas James Your determination is inspiring Keep up the great work and have a fantastic holiday season xx Lauren Campbell Merry Christmas James Your progress is incredible Keep pushing yourself and have a wonderful holiday season xx Charlotte Bennett Merry Christmas James Your strength and resilience is truly inspiring Keep up the amazing work and have a fantastic holiday season xx Alice White Merry Christmas James Your dedication is commendable Keep pushing yourself and have a wonderful holiday season xx Lucy Hill Merry Christmas James Your speech was powerful Keep up the great work and have a fantastic holiday season xx Natalie Ward Merry Christmas James Your perseverance is admirable Keep pushing yourself and have a wonderful holiday season xx Holly Wood Merry Christmas James Your progress is remarkable Keep up the amazing work and have a fantastic holiday season xx Mia Rogers Merry Christmas James Your determination is inspiring Keep pushing yourself and have a wonderful holiday season xx Oliver Brooks Merry Christmas James Your strength and resilience is truly inspiring Keep up the great work and have a fantastic holiday season xx Daniel Cox Merry Christmas James Your dedication is commendable Keep pushing yourself and have a wonderful holiday season xx Will Harrison Merry Christmas James Your progress is incredible Keep up the amazing work and have a fantastic holiday season xx Ben Foster Merry Christmas James Your perseverance is admirable Keep pushing yourself and have a wonderful holiday season xx Jake Murphy Merry Christmas James Your determination is inspiring Keep up the great work and have a fantastic holiday season xx Charlie Scott Merry Christmas James Your strength and resilience is truly inspiring Keep up the amazing work and have a wonderful holiday season xx Megan Price Merry Christmas James Your dedication is commendable Keep pushing yourself and have a fantastic holiday season xx Olivia Turner Merry Christmas James Your progress is remarkable Keep up the great work and have a wonderful holiday season xx Grace Long Merry Christmas James Your determination is inspiring Keep pushing yourself and have a fantastic holiday season xx Liam Nelson Merry Christmas James Your strength and resilience is truly inspiring Keep up the amazing work and have a wonderful holiday season xx Sophie Harris Merry Christmas James Your dedication is commendable Keep pushing yourself and have a fantastic holiday season xx Emily King Merry Christmas James

s Your progress is incredible Keep up the great work and have a wonderful holiday season xx Hannah Roberts Merry Christmas James Your perseverance is admirable Keep pushing yourself and have a fantastic holiday season xx Rebecca Parker Merry Christmas James Your determination is inspiring Keep up the amazing work and have a wonderful holiday season xx Georgia Morris Merry Christmas James Your strength and resilience is truly inspiring Keep up the great work and have a fantastic holiday season xx Erin Evans Merry Christmas James Your dedication is commendable Keep pushing yourself and have a wonderful holiday season xx Charlotte Butler Merry Christmas James Your progress is remarkable Keep up the amazing work and have a fantastic holiday season xx Lauren Campbell Merry Christmas James Your determination is inspiring Keep pushing yourself and have a wonderful holiday season xx Olivia Carter Merry Christmas James Your strength and resilience is truly inspiring Keep up the great work and have a fantastic holiday season xx Alice White Merry Christmas James Your dedication is commendable Keep pushing yourself and have a wonderful holiday season xx Lucy Hill Merry Christmas James Your progress is incredible Keep up the amazing work and have

x, so if you ever want a discount on some ink, just let me know! Merry Christmas! James Sutliff Thank you so much, that's amazing! Merry Christmas to you too, and I may just take you up on that offer! 😊🎄🎁 Anthony Robinson Anytime, bro! Just hit me up whenever you're ready. Have a great holiday season!

sharp and focused, keep up the great work! Love seeing Taylor's progress.

indeed. It's great to see so much love and support for James Sutliff as he continues to inspire others with his dedication and hard work. Keep pushing yourself, James! You're doing amazing.

strength and resilience are truly inspiring. Thank you for sharing your story and reminding us to be grateful for what we have. Keep shining bright, you are a true blessing to those around you.

the end of the day, we are all unique individuals with our own strengths and weaknesses. Embracing our differences and being proud of who we are, disabilities and all, is what truly matters. Thank you for the positive reminder, James. Keep inspiring others with your journey.

can empathize with how tough it must be for you. Stay strong and keep doing what you love, it will help you get through these tough times. James Sutliff you can do it Sophie, stay strong and keep pushing forward. Your clients and the foundation need you now more than ever. Remember to take care of yourself too. Sophie Freya Wilson Thank you both for your kind words, it means a lot. I'll keep pushing forward and supporting those who need it most. So grateful for the support from amazing people like you.

done on all your achievements and for being a strong advocate for those with disabilities. Keep up the amazing work and continue to inspire others. You are truly an inspiration! Keep swimming and feeling better, you've got this!

Thank you for sharing your experience, Gina. It's definitely tough when your speech is affected by dystonia, but it's important to remember to be kind to yourself and embrace the good days. You're not alone in your journey. Keep pushing forward and stay strong.

burden to society But watching your videos and seeing the work you do gives me hope and inspiration to keep pushing forward Thank you for being an amazing role model James Sutliff Melinda Lawrence thank you for your kind words and support It means a lot to me and I'm glad I can inspire others to keep going despite their challenges Keep believing in yourself and never give up on your dreams.

agree completely! It's not fair for companies to expect individuals with disabilities to promote their products or services for free. Everyone deserves to be compensated for their time and effort, regardless of their abilities.

It's important to advocate for fair treatment and stand up for yourself in these situations. Keep standing up for yourself and your worth!

back to work Whether that means finding a new career or adapting to your current circumstances Either way, you should always be paid for your time, effort, and skills. It's important to know your worth and not let anyone take advantage of you. Work is work, no matter what challenges you may face.

Sutliff Esther Francine Champion, thank you for your support. I appreciate it. Stay strong and keep pushing through. James.

your positivity and inspiration, keep shining bright! x Andrea Reynolds Incredible strength and determination, you are truly inspiring x Terri Johnson Your energy and passion are infectious, keep pushing forward! x Lisa Thompson Such a powerful message, thank you for sharing your journey with us x #inspiration #positivity #determination

much unique and beautiful art piece James Sutliff. Keep up the amazing work! 🍌🍌🍌

Google But if they're willing to do the work and be an active participant in their healthcare, that's fantastic Keep fighting for yourself and your health You know your body better than anyone else Elizabeth Yorke Michelle McManus hey xxMichelle McManus Elizabeth Yorke hey xxDaniel MacDonald Kimberly Emmrich I completely agree A patient who is actively involved in their own healthcare is a dream for a doctor It shows determination and a desire to improve their own situation Keep advocating for yourself and never stop researching and learning about your condition Kimberly Emmrich Daniel MacDonald thank you for being so understanding and supportive It's refreshing to hear a doctor who values a patient's input and involvement in their own care I will continue to fight for myself and stay informed to ensure I get the best treatment possible Thanks for the encouragement Daniel MacDonald Kimberly Emmrich You're welcome Keep up the great work and don't ever hesitate to speak up for yourself You deserve the best healthcare possible Good luck on your journey to better health Kimberly Emmrich Daniel MacDonald thank you I appreciate your kind words and encouragement It means a lot to have a supportive healthcare provider like yourself Take care and all the best to you as well

such an inspiration and a true testament to the power of determination and strength. We are so fortunate to have individuals like Josh and organizations like the Matt Hampson Foundation working tirelessly to support and empower those facing challenges. It's amazing to see the impact that one person can make in the lives of others. Keep pushing forward and never give up. You are all truly incredible.

just a coach but theres more to it than that content Just finished my last session before lockdown with a photo comments Mary Smith Good luck during lockdown James Sarah Johnson You'll be missed during lockdown stay safe James content Lockdown 2 is here but that doesn't mean we can't keep active and support each other Were launching the Matt Hampson Foundation Lockdown 2 Challenge to help keep our beneficiaries motivated and connected during this time If you want to get involved the link is below with a video comments nan

pain and weakness can be unbearable Hang in there James, we're all rooting for you. And if virtual training is a possibility, maybe that could be a temporary solution until things improve. Keep pushing through, you're strong and you'll get through this.

contact him on email: dr.osagieherbalist@gmail.com for your own cure. Do not give up hope, there is always a solution out there. Stay strong and keep fighting.

thank you x Linda Robakowski Congratulations James, well deserved! James Sutliff Linda Robakowski thank you so much x Tracy Jones Congratulations James, you're an inspiration! James Sutliff Tracy Jones thank you, I appreciate it x Deborah Ward Amazing achievement James, keep shining! James Sutliff Deb

orah Ward thank you, means a lot! x Rebecca Davies So proud of you James, keep on inspiring others! James Sutliff Rebecca Davies thank you, I will keep pushing forward! x

Feel free to contact me on Facebook or WhatsApp if you need any assistance or information. Thank you.

Congratulations James on all your achievements! You are truly inspiring and making a positive impact on many lives. Keep believing in yourself and pushing forward, you will be unstoppable! Keep up the great work.

passion for the game In the right is me now after a successful treatment plan and a lot of hard work I am back playing at a high level and loving every minute of it Never give up on your dreams with a Photo comments Megan Thompson What an incredible journey James You are truly an inspiration Anne-Marie Walters Wow This is amazing to see how far you've come Keep shining James Sutliff Thank you both It has been a tough journey but so worth it to be back doing what I love Jordan Parker This is so inspiring James Keep pushing forward and never give up on yourself Julie Richardson Your resilience is truly remarkable James Thank you for sharing your story Emma Taylor Wow This is incredible You are proof that with determination and the right support anything is possible Keep shining James Jodie Thomas What an amazing transformation James This is so inspiring Thank you for sharing your journey with us.

around you Keep pushing forward and inspiring others with your journey James Sutliff Mark Gilda thank you so much for your kind words I appreciate it more than you know Keep striving for greatness in your own journey as well!

to do a genetic test on me to see if there was a specific gene causing my Dystonia After numerous tests and consultations, it was discovered that I had a mutation in the THAP1 gene which is associated with DYT6 Dystonia It was a relief to finally have an answer and know that it was genetic rather than something I had done or caused myself. It was a long and difficult journey, but I am so grateful for the support of my family and friends who always believed in me and pushed for answers. I continue to live each day to the fullest, never letting my condition hold me back. Thank you to everyone who has been a part of my journey and supported me along the way. Keep on keeping on. #DystoniaAwareness #InspireOthers #NeverGiveUp. 4. World Mental Health Day is a reminder that we all have struggles and it's important to talk about them. You are never alone in your journey, and there is always help and support available. Keep pushing forward and never give up. #WorldMentalHealthDay #YouAreNotAlone. 5. Another incredible week down at the Matt Hampson Foundation. DisabilityCoach with a video comments nan content. Busy, busy, but always making progress and pushing forward. Keep on keeping on. #InspireOthers #MakeADifference. 6. It's important to share your story and inspire others. My journey with Dystonia has been long and challenging, but I continue to push forward and never give up. Thank you to everyone who has supported me along the way. #InspireOthers #KeepPushingForward. 7. Today was a good day at the Matt Hampson Foundation. DisabilityCoach with a video comments nan content. Always grateful for the opportunity to inspire others and make a difference. Keep pushing forward and never give up. #MakeADifference #PushForward.

all the best on your healing journey and I hope that you find the relief and support you need to manage your conditions. Thank you for sharing your story and inspiring others to stay positive and hopeful in the face of challenges.

with Dystonia, maybe we can work together to find some relief. Thank you for being an inspiration to so many.

Thank you for your kind words and support! It means a lot to me. Stay strong and keep believing in yourself. You are an inspiration to others. If you ever need someone to talk to or support, don't hesitate to reach out. You are not alone in this journey. Keep shining bright!

your struggles is truly admirable Keep being strong and sharing your story. You are making a difference.

pushing forward and never give up on your dreams Stay strong and positive You got this with a video comments nan
Congratulations on your 7 year wedding anniversary! Wishing you many more years of love and happiness together. You both are an inspiration to others. Keep going strong! 💖🎉🥳 #HappyAnniversary #LoveWins

truly blessed you with strength and resilience Keep fighting and inspiring others with your journey Kirsten Hermansen What an incredible journey you've been on You are a true inspiration to so many Never give up and keep shining bright x Selena Williamson Your strength and determination are truly inspiring Thanks for sharing your journey and giving hope to others who may be struggling You are amazing x Sarah Kendall Your courage and perseverance are truly commendable Keep pushing forward and never lose sight of how far you've come You are an inspiration to us all x Lisa Delaney You are a warrior Keep fighting and never give up on yourself Your journey is a testament to your strength and resilience You are truly amazing x Hannah Brennan Your story is a powerful reminder of the strength and resilience we all possess in times of adversity Thank you for sharing your journey and inspiring others to never give up You are a true inspiration x

all rooting for you Samantha Jenson Congratulations on reaching your goal James You are truly an inspiration to us all Keep pushing forward and achieving greatness Kim Nguyen Amazing achievement James You are making a difference in so many lives with your motivational speaking Keep up the great work Jo die Walker So proud of you James You are an incredible individual and I have no doubt you will continue to inspire others with your story and message Keep shining bright Max Goelabdien Sue McAllister Well said Claire Oram You are such an inspiration James Sutliff thank you Christine Hall You are an inspiration to us all Thank you Pascual Cubero Soto We are holding your back Watching your blessed journey learning from you Leeann White Lorna Jayne Harvey Love you James Wish I had your inspiration and determination you are one true hero xxx Lisa Girard You are a Warrior Lisa Di Pietrantonio Thank you Tony Fisher Wish I had your determination pal just want to give up Dorothy Dorothy You're an inspiration to everyone stay strong James you are loved and appreciated Brittany Stork Such an inspiration Dawn Schur Needed this today Joanne Petten Bravo Well said Julie Fitzgerald It's in the fight we discover the depth of our courage and strength James Sutliff Thank you everyone for your kind words Ayse Durmush Such an inspiration Paul Hodgett Top man well said mate x Claire Rollinson Top man and an inspiration to us all xx Karen White You are amazing keep up the fight I look forward to your posts Nadia Cerato I love what you wrote You're amazing and inspiring Keep it up.

- Maybe to some people ordering food and eating at a restaurant on your own seems like a small achievement, but to you, it's a big step and that's what matters. Keep taking those steps, no matter how small they may seem to others. Your progress and growth are important. Love your positivity James!

it and sharing your accomplishment with others Keep pushing forward and inspiring others along the way!

with disabilities at our gym Keep up the great work and continue to inspire others with your dedication and hard work James Sutliff That is truly inspiring and heartwarming to hear Daniel MacDonald Thank you for your kind words and for making a difference in the lives of those with disabilities at your gym It takes a special kind of person to provide that level of support and care Keep up the amazing work and know that you are making a positive impact in the world Deborah Bennett Amazing work James Your dedication and commitment to helping those with disabilities is truly inspiring Keep shining bright

and making a difference in the lives of others.

with a Photo comments Daniel MacDonald Keep smashing it Charlie You're an inspiration mate Lorraine Bennett You're doing amazing Charlie Keep pushing yourself James Sutliff Daniel MacDonald Lorraine Bennett thank you for the support for Charlie He truly is a warrior Tracee Vince Amazing progress Charlie Keep up the hard workcécé

Kelly Thompson So inspiring to see someone with such determination and drive Well done Charlie James Sutliff Kelly Thompson thank you for the kind words Charlie truly is an inspiration to us all content A great session with Emma Newman today She's making excellent progress and I'm so proud of her Keep up the fantastic work Emma DisabilityCoach with a Photo comments Jo Nelmes You're doing amazing Emma Keep up the hard work You should be proud of yourself Christian Lardinois Emma Newman You're a true inspiration to us all Keep pushing yourself You've got thiscécé

Lorraine Bennett I'm so proud of you Emma Keep up the hard work you're doing a mazingcécé

James Sutliff Jo Nelmes Christian Lardinois Lorraine Bennett thank you all for the support for Emma She's a star and I'm so proud of her achievements Tracee Vince Emma Newman you are smashing it Keep pushing yourself You're doing fantasticcécé

Kelly Thompson What an inspiration you are Emma Keep up the hard work You're amazingcécé
content

James Sutliff Lana J Wilcock Thank you xx James Sutliff Ghadir Ghali Thank you, she was an amazing woman

It is heartwarming to see the support and love shown in the comments for James and his dedication to his clients. The community of supporters and fellow individuals with disabilities coming together to uplift and encourage each other is truly inspiring. Keep up the amazing work, James!

James Sutliff Teresa Aucello Thank you so much, I really appreciate it!

in the team for this weekend's game at the Matt Hampson foundation. The support and encouragement from everyone has been amazing and I can't thank you all enough. Let's do this! #TeamSutty #Inspiration #MattHampsonFoundation #DisabilityInclusion #AbilityNotDisability #Thankful

Wow, that's incredible James! You are such an inspiration to so many people. Keep sharing your story and spreading positivity. Well done on the TV appearance, that's a huge achievement. Keep shining bright! #Inspiration #ThisMorningTV #InvisibleDisability #Dystonia

ly said Daniel MacDonald. Keep inspiring others with your dedication and hard work. Beata Bodolai and Resa Marie are right, your photos are beautiful. Keep sharing your journey, it's truly inspiring.

It's not that I don't appreciate the effort, it's just that I believe there should be options for everyone. Thank you for understanding. Natalie McNally Rachel Broxton I understand your point and I agree that there should always be options available for everyone's needs. Everyone deserves to have equal access to content. Thank you for sharing your perspective. Let's continue to strive for inclusivity.


without apologies Keep fighting the good fight James Sutliff Daniel MacDonald thank you for your constant support. I appreciate your understanding and encouragement. Let's keep spreading positivity and support to each other.

message and I can suggest some adaptations Make sure to consult with your doctor before starting any new workout routine Stay safe and stay healthy Swipe left to see the full workout details 1 Jumping Jacks 2 High Knees 3 Mountain Climbers 4 Russian Twists 5 Squats 6 Wall Push-ups Have a great Monday everyone Let's smash this week together Please SHARE or TAG someone who could

benefit from this workout comments Sarah Martin Great start to the week James Thanks for the motivation content Just finished recording a new video for my YouTube channel Hope you all enjoy it Its a full-body workout focusing on strength and flexibility All exercises are adaptable for different abilities and injuries so give it a try and let me know how you get on Please like and subscribe to my channel for more content comments Debby James Cant wait to have a go at this Thanks for sharing content So grateful for the opportunity to work with the Matt Hampson Foundation I love being able to support such an amazing organization and help people with disabilities achieve their fitness goals Thank you for all that you do Matt Hampson Foundation You're truly changing lives content Great session with some of the clients from the Matt Hampson Foundation today Pushing themselves to new limits and achieving their fitness goals is truly inspiring Keep up the amazing work you're all doing Marshall your masks Protect each other I think we can all agree that its been a tough year for us all But weve stuck together followed guidelines and kept each other safe Its so important to continue to look after each other and wear our masks Lets keep up the good work and get through this together Stay safe and stay strong content Happy Friday everyone I hope you all have a fantastic weekend ahead Whatever youre doing remember to take care and stay safe Enjoy yourselves and make some great memories Have a good one all comments Jo Nelmes You too James Enjoy your weekend content Have a great start to the week everyone Lets smash our goals and make it a successful week ahead Remember to stay positive stay focused and stay determined You can do this Have a fantastic week all comments Sarah Martin Thanks for the motivation James Lets do this Have a great week content Another great workout session in the books If you havent already follow me on YouTube for more workouts and fitness tips Stay healthy and stay strong You got this content Thank you to everyone who has supported me on my journey to becoming a Disability Coach and Personal Trainer Your support means the world to me and I couldn't do it without you You all inspire me to keep pushing forward and helping others reach their fitness goals Thank you for being amazing Have a great day all comments Megan Taylor Foshee You're amazing James Keep up the great work content Sutliff, you do you mate. Don't let anyone pressure you into doing something you're not comfortable with. Your videos are amazing just the way they are. Just keep being your awesome self.

I don't fully understand the situation here, but it seems like there is a discussion about adding subtitles to videos for accessibility reasons. Some are supportive of the idea, while others believe that the original content should not be changed. It's important to consider the perspectives of those who may benefit from subtitles, such as the hearing impaired, and to find a solution that works for everyone involved. Ultimately, the decision to add subtitles should be made with consideration for the needs of all viewers.

Thank you so much for the continued support and congratulations! I really appreciate it. I hope to continue to inspire and motivate others with my work. Take care and stay safe!

James Sutliff Thank you so much for all the birthday wishes, I appreciate it more than you know! 

words James, your strength and positivity are truly inspiring. Your journey and the challenges you faced have shaped you into the remarkable person you are today. Keep shining bright and continue to inspire others with your story. Happy belated birthday and may you be blessed with many more years of happiness and success.

card due to the regulations but communication was definitely a struggle for both myself and my clients It was difficult to understand each other and emotions were harder to read Now that I have my exemption card, I am able to communicate more effectively and comfortably with my clients Thank you for you

r curiosity and understanding Daniel Angela Jackson James Sutliff Angela Jackson so glad you found a way that works for you Keep doing what you need to in order to stay safe and healthy James Sutliff Angela Jackson thank you for your support and kind words Means a lot to me Stay safe and healthy as well Angela Jackson James Sutliff you're welcome Take care and stay safe James Michelle Silkwood You're doing what you need to do to stay safe and healthy That's what's important James Sutliff Michelle Silkwood thank you for your understanding and support It means a lot to me Sharon Hammond James Sutliff Sharon Hammond stay safe and healthy James Sutliff Sharon Hammond you too Sharon Thank you Emma Isabel James Sutliff Emma Isabel thank you for your support and encouragement Means a lot to me Stay safe and healthy Keith Woodward You're doing what's best for you Stay strong James Sutliff Keith Woodward thank you for your kind words and support Stay safe and healthy as well Keith Judy Thompson James you're doing what's right for you and that's what matters Stay safe and healthy James Sutliff Judy Thompson thank you for your understanding and encouragement Means a lot to me Stay safe and healthy as well Judy Lisa Fordham You're doing what's best for you James That's important Stay safe and healthy James Sutliff Lisa Fordham thank you for your support and understanding I appreciate it Stay safe and healthy as well Lisa Sarah Cooper James Sutliff Sarah Cooper thank you for your support and encouragement Means a lot to me Stay safe and healthy as well Sarah Emma Sullivan You're an inspiration James Keep doing what's best for you Stay safe and healthy James Sutliff Emma Sullivan thank you for your kind words and encouragement Means a lot to me Stay safe and healthy as well Emma

girlfriend the other day when a couple of teenagers walked past and made a comment about my appearance It bothered me for a moment but then I thought about how sad it must be to feel the need to tear someone down to make yourself feel better Trolls are just insecure individuals who thrive on negativity We can't let them bring us down Keep shining, James you're an inspiration to so many people with disabilities and beyond. Stay strong and keep spreading positivity.

James Sutliff Daniel MacDonald thank you for your kind words and support It means a lot to me I agree with you that trolls thrive on negativity and insecurity We have to continue to rise above their hate and keep being ourselves Keep shining as well Daniel

Daniel MacDonald James Sutliff Thank you, James Keep being the amazing person that you are Ignore the haters and continue to inspire others with your positive attitude and resilience You're a true inspiration to us all Stay strong and keep shining bright

Stay safe and take care, everyone. Happy birthday, James! 🎂🎉🥳

James Sutliff Salvatore Bruno thank you, I appreciate the support.

. To help inspire and motivate others who may be going through similar challenges. Thank you for your kind words and support. Keep pushing forward and never give up on yourself. With a video comments Alex Davis You are truly making a difference in people's lives James, keep shining your light bright. James Sutliff Alex Davis Thank you so much for your kind words, it means a lot to me. Keep spreading positivity and love wherever you go.

thank you for your kind words and encouragement. Yes, looking back at the progress made is truly motivating. Thank you for your support!

your story and it gave me the strength to keep going Thank you for sharing your journey James Sutliff Leya Sharma thank you for sharing your story too It takes a lot of courage to open up about struggles Keep fighting, you're stronger than you think.

sure, I will transcribe the following video:

My Story With Dystonia

I've had an increase in followers Across all my social media outlets So I wanted to share my story in a video about how my disABILITY Dystonia came about and my career Im sorry if you struggle to understand me but I tried my hardest to talk slow and clear I feel like I need to explain this in every video I do I dont do subtitles in my videos because no app pickups my dodgy voice and my dystonia affect my hands making it an actual pain to type lots So sorry about that Any questions or thoughts just drop me a comment Invisible Disability Dystonia Inspiration

courses to further my knowledge Keep up the hard work James Sutliff Nia Lewis that's great to hear Keep pushing yourself to learn and grow Simon Wright Keep up the good work James You are an inspiration to many James Sutliff Simon Wright thank you so much for your support Content can be difficult to keep up with but I always give it my all Matt Watson Keep up the hard work James You're doing amazing things James Sutliff Matt Watson thank you so much for your kind words I appreciate your encouragement Melanie Johnson You are such an inspiration James Keep doing what you're doing and making a difference in the world Melanie Johnson James Sutliff thank you so much for your support It means the world to me I will continue to work hard and make a positive impact wherever I can Keep being amazing yourself Kelly Marshall Keep working hard James You are making a difference and inspiring others along the way James Sutliff Kelly Marshall thank you for your kind words I will continue to work hard and inspire others to do the same We can all make a difference together Gemma Walker You are such a positive influence Keep up the great work and keep shining bright James Sutliff Gemma Walker thank you so much for your support I will continue to spread positivity and inspire others to do the same Let's all shine bright together

John Wilson Thank you for your kind words and understanding I appreciate your support It's important to do what we can to protect others in these challenging times Thanks again for the encouragement.

That's great to hear that you were able to reconnect with David at the Matt Hampson Foundation. It must be incredibly inspiring to see his resilience in the face of motor neurone disease. Keep up the good work and stay strong during these challenging times. Sending positive thoughts and support your way. Take care.

across as anything but intelligent and capable to me. Keep rocking those glasses! 🍻🕶️

're such an inspiration and amazing coach! Keep up the great work! Bethany Hartley You're making such a positive impact on these clients, keep up the fantastic work! John Fitzgerald Your dedication and passion for helping others is truly inspiring, keep it up! Alex Wright You are a true role model and leader in the disability coaching field, keep shining bright! Amy Spencer Your clients are lucky to have such a dedicated and caring coach like you, keep up the great work!

suitable for everyone, but definitely worth a try if you're up for a challenge! Corey Rankin has some great content on his page, so go ahead and give him a like and a follow. You won't be disappointed! And don't forget to support the Matt Hampson Foundation as well. They do amazing work. Enjoy the journey of fitness and fun!

for help. Maybe you can consider adding subtitles in the future for those who may benefit from them. Keep up the good work!

James Sutliff Claire Louise Odwyer Lexie Johnson Thank you for understanding I will definitely look into ways to make my content more accessible in the f

uture. I appreciate your feedback and support.

but here I am just taking it one day at a time Keep positive and focused on the recovery process James Sutliff Nicole BarfordGrieff age is just a number You'll come out stronger on the other side Sending you positive vibes for a speedy recovery Nicole BarfordGrieff thank you so much James It means a lot Mandeep Singh Badhesha You're a warrior Nicole Keep pushing through James Sutliff Mandeep Singh Badhesha she definitely is a warrior Stay strong Nicole Nicole BarfordGrieff Mandeep Singh Badhesha James Sutliff thank you both for the encouragement It really helps me keep going Mandeep Singh Badhesha Nicole BarfordGrieff James Sutliff we've got your back always Keep fighting Nicole BarfordGrieff will do thank you guys So grateful for the support Always remember never apologize for being yourself and staying true to who you are You are amazing just the way you are Stand tall and proud of your journey and accomplishments You've got this Stay positive and keep pushing forward Every step forward is a step in the right direction towards your goals and dreams. . Let's try to be respectful and understanding of each other's perspectives during this difficult time.

Thank you for sharing these comments and interactions with your special needs clients. It's great to see the positive impact you are having on their lives and how you are inspiring others with hidden disabilities. Keep up the amazing work and continue to stay true to yourself while helping and inspiring others. It's clear that you are making a difference in the lives of those around you and that is truly commendable.

I can say is, effort will yield results. Keep pushing, keep grinding, and never give up. You've got this!

where my heart is, but I also want to start doing more motivational speaking events and maybe even write a book Stay tuned for more updates on my journey Thank you for all the support comments Megan Price Go for it James You have so much to offer and inspire others with your story and knowledge Keep pushing forward content Just a little throwback to when I did a charity skydive for the Matt Hampson Foundation Best experience of my life What an adrenaline rush Would highly recommend it to anyone who is thinking about doing a skydive content Stay safe everyone Keep positive Keep working towards your goals We will all get through this together Stronger than ever content

client shoutout for one of my inspirational clients at the Matt Hampson Foundation, Henry Love. Henry has faced incredible challenges, including slipping into a coma for two weeks in 2017 and being diagnosed with spinal TB and meningitis, which left him paralyzed from the chest down. Despite these obstacles, Henry remains an inspirational and determined individual whom I have had the honor of coaching. Keep up the incredible work, Henry! #inspiration #clientshoutout #MattHampsonFoundation #determination #paralysis #coaching

now and hes made amazing progress both mentally and physically He never gives up and always pushes himself to be the best he can be Its an honor to work with him and see his determination and strength with a Photo comments Max Carter Youre amazing Callan keep up the hard work James Sutliff Max Carter thank you for the support Devin Ramirez Wow what an inspiration Keep pushing forward Callan James Sutliff Devin Ramirez thank you so much means a lot Laura Bennett You are a true example of strength and resilience Callan Keep shining James Sutliff Laura Bennett thank you for the kind words means a lot xx Emily Greene You are such an inspiration Callan Keep up the amazing work James Sutliff Emily Greene thank you so much for the support xx Sam Patel Such an incredible story Callan Keep pushing forward and inspiring others James Sutliff Sam Patel thank you for the kind words means a lot xx Great post today Empowering to see others sharing the struggles and triumphs in life Makes me feel more connected and inspired to keep pushing forward with my own goals and dreams Lets all continue to support and lift each other up in these ch

allenging times #inspiration #motivation #strength #resilience #support #community

some time for yourself and recharge. You are doing an amazing job and making a difference in so many lives. Don't be hard on yourself, you are already doing more than enough. Keep up the great work and remember to take care of yourself too.

preciate the importance of mental health awareness. It's a reminder to check in on those around us, offer support and understanding, and to prioritize our own mental well-being. Remember, it's okay not to be okay. Seek help if needed, talk to someone, and take care of yourself. You are not alone.💙 #mentalhealthawarenessweek #itsokaynottobeokay

comments:

Mandy Harris Mental health is so important, thanks for highlighting this James.

James Sutliff Mandy Harris absolutely, it's something we all need to be more aware of and supportive towards. Thank you for your comment.

strength and positivity is truly inspiring James Sutliff Sue McAllister thank you so much x Sarah Patel Just watched your interview and you are amazing Keep shining James Sutliff Sarah Patel thank you for watching x Tom Wilkins You're a legend mate Keep doing what you're doing James Sutliff Tom Wilkins appreciate it buddy

so many people, James. Your positivity and determination are truly inspiring. Keep up the great work!

but not being able to do simple things like writing or typing properly is frustrating But I always find a way to adapt and keep pushing forward Who else with a similar condition can relate to this struggle comments Dave Lever Always adapting mate James Sutliff Dave Lever always mate Just gotta keep moving forward Helen Rudkin You are amazing James Keep pushing forward James Sutliff Helen Rudkin thank you always trying to stay positive x Anne Taylor You never give up James Keep fighting xx James Sutliff Anne Taylor thank you Always keep pushing forward x Jennifer Thompson Your strength is truly inspiring James Keep pushing forward James Sutliff Jennifer Thompson thank you Always trying to stay strong and positive x Joanne Hillis Keep fighting James You are a true inspiration James Sutliff Joanne Hillis thank you so much x Donna Bertram Never give up James You are amazing James Sutliff Donna Bertram thank you Miss you guys x Rachel Gray Your determination is incredible James Keep pushing forward x James Sutliff Rachel Gray thank you x Angel Sinclair You are a warrior James Keep fighting and pushing forward James Sutliff Angel Sinclair thank you xx Mandeep Singh Badhesha Your strength is admirable bro Keep pushing forward and never give up James Sutliff Mandeep Singh thank you brother Always trying to stay positive and keep moving forward Paul Hodgett You inspire us all James Keep pushing forward James Sutliff Paul Hodgett thank you Means a lot x Michelle Miller Your resilience is truly inspiring James Keep pushing forward and never give up James Sutliff Michelle Miller thank you Definitely won't give up always pushing forward x Kwoklyn Wan You are a true fighter James Keep pushing forward and never give up James Sutliff Kwoklyn Wan thank you Means a lot always fighting and pushing forward x Thanks mate, appreciate it.

Shoulder press 5 Hammer curls 6 Front raises

Good luck and remember to listen to your body, modify as needed, and stay hydrated! Please share or tag someone who could benefit from this workout. Stay strong and keep pushing yourself! 💪🔥 #workoutmotivation #fitnessjourney #yougotthis 🙌

Horne thank you so much Sue You're too kind Love to you as well Hope to see

you soon Stay safe xx

support my clients and help them stay motivated and focused on their goals. Virtual training sessions, nutrition planning, and constant communication are key during these challenging times. I am determined to help my clients come out of this stronger than ever. Stay safe, stay positive, and keep pushing forward. We can do this together. #lockdowncoaching #virtualtraining #staymotivated #staypositive #supporteachother

something like this James Sutliff Stacy Paris It's definitely worth looking into! Maybe start by reaching out to local businesses or organizations to see if they would be interested in having you speak at their event or conference. Networking with other motivational speakers and attending events in the industry can also help you make connections and find opportunities. Good luck! Stacy Paris James Sutliff Thank you for the advice I will definitely look into it and see what opportunities I can find. Your story is definitely worth sharing as well! Good luck to you too. Sarah Thompson James Sutliff I know a few contacts in the speaking industry. I'll send you their information and maybe they can help you get started on your speaking career. Good luck! James Sutliff Sarah Thompson Thank you so much, I really appreciate it! I'll definitely reach out to them and see where it takes me. Your support means a lot. Thank you again. Sarah Thompson James Sutliff You're welcome! Keep sharing your story and inspiring others. I have no doubt that you'll do great things with your motivational talks. Best of luck to you!

Flory Dana Starleen Oliver James Sutliff Thank you so much Wendy Love the positivity Alex Dudik Wendy thank you Wendy Allen Keep up the great work James Sutliff You're inspiring us all Wendy Love the outfit as well James Sutliff Thanks Wendy Always trying to keep it fresh Wendy Allen Well, you definitely succeed in that aspect Keep shining bright James Sutliff Wendy Allen Thank you for your kind words means a lot Wendy Have a fantastic day Wendy Allen You too James Take care of yourself and keep spreading that positivity James Sutliff Will do Wendy Thank you again Wendy Allen Anytime James You're a beacon of positivity in these trying times James Sutliff That means a lot Wendy Thank you once again Wendy Allen Of course James You deserve all the praise and more Keep being your amazing self James Sutliff Thank you Wendy Stay safe and positive Wendy Allen You too James Stay strong and positive, always James Sutliff Will do Wendy Thank you Take care Wendy Allen Bye for now James Have a wonderful day James Sutliff You too Wendy Goodbye for now

James Sutliff Apologies for the technical difficulties Paulina, I will make sure to unlock my screen next time. Thank you for your support!

effort James Sutliff! Your determination and commitment to completing the challenge for such a great cause is truly inspiring. Keep up the great work and thank you for making a difference.

s on my belly for support Brittany Royal Paulina Kubas haha whatever works for you! As long as you are stretching and feeling good, that's all that matters Lindsey Burdick Exactly! Everyone's body is different so do what feels best for you Paulina Kubas That's what I've learned from James too Do what works for you and keep pushing yourself to be better, but listen to your body as well Brittany Royal Absolutely! James is the perfect example of listening to your body and pushing yourself to be better without overdoing it Paulina Kubas Indeed he is I'm so grateful for meeting him online and having the opportunity to be a part of this amazing community Brittany Royal Me too! It's been such a positive and encouraging experience to be a part of this group James Sutliff Thank you so much guys for your kind words and support It really means a lot to me I am just doing what I love and trying to help others along the way Keep stretching and pushing yourselves, you are all amazing and

capable of so much more than you think Paulina Kubas James you are incredible and inspiring Keep doing what you do and we will keep pushing ourselves to be better Thanks for everything Lindsay Burdick and Brittany Royal I'm grateful for you too It's been a pleasure to connect with you all and be motivated by James and each other Let's keep pushing each other to be the best versions of ourselves Brittany Royal Absolutely! We've got this Let's keep supporting each other and pushing ourselves to reach our goals Thanks James for everything you do and for bringing us all together Lindsey Burdick Couldn't have said it better myself Thank you James for everything you do and for creating this amazing community Let's keep pushing ourselves to be better and supporting each other along the way We've got this! Paulina Kubas Yes We got this! Thank you James for everything you do for us Keep pushing us to be better and supporting each other along the way We are all capable of so much more than we think Let's keep pushing ourselves and reaching our goals together Thank you Lindsey Burdick and Brittany Royal for all the support and encouragement Let's do this!

UK sent me this photo of his new tattoo inspired by my journey and the work I do for the Dystonia community Can't believe the impact my story has had on people all over the world So humbled and grateful for the support and love from everyone content Love this Adam Clarke Natalie Burke James you truly are an inspiration to so many Keep doing what you're doing and changing lives One day at a time content Thank you Natalie Burke for your kind words and support Means the world to me Keep spreading awareness and positivity Just completed my 26 challenge for the Matt Hampson Foundation Thank you to everyone who sponsored me and supported me along the way It means more than you know All the money raised will go towards helping those in need at the foundation Couldn't have done it without your support content Thank you to everyone who donated shared and supported me throughout this journey Your generosity and kindness have made a real difference in the lives of others I am truly grateful for each and every one of you Thank you from the bottom of my heart Your support means everything to me content

Great to hear that you're going to support the Matt Hampson Foundation in the TwoPointSixChallenge! It's amazing to see people like you stepping up to make a difference. Good luck with your challenge, and thank you for your support. Team Hambo appreciates it!

glad you're going to give it a try! Let me know how it goes for you!

to overcome so many obstacles and challenges because of it But I wear my tattoo with pride It represents my strength resilience and determination to keep fighting every single day DystoniaAwareness DystoniaStrong with a Photo comments Jordan Barnes Wow thats powerful James Sutliff love the tattoo mate content Dystonia doesnt define me But it has definitely shaped me into the person I am today Strong resilient and determined to never give up Fighting against this neurological movement disorder every single day and coming out stronger on the other side DystoniaAwareness with a Photo comments Ellie Smith You are such an inspiration James Keep fighting content Amazing work James You are an inspiration to us all Keep fighting and stay strong DystoniaAwareness with a Photo comments Rachel Brown Stay strong James You inspire us all with your determination and resilience DystoniaAwareness with a Photo comments Michael Evans You are an absolute inspiration James Your strength and courage are truly admirable Keep fighting the good fight DystoniaAwareness with a Photo comments Emma Thompson You are a true warrior James Your bravery and perseverance are an inspiration to us all DystoniaAwareness with a Photo comments Tom Johnson Keep fighting James You are a true hero and an inspiration to everyone DystoniaAwareness

feeling defined or limited by their disability Keep spreading your positivity and strength James, you're truly inspiring.

us x James Sutliff Stefani Kunzmann that sounds amazing Cant wait xx Jed Johnstone Incredible x Brandy Willis You are such an inspiration James Keep up the amazing work x James Sutliff Brandy Willis thank you so much x Take Care x Tracee Vince Love that you are keeping up with the workouts even during this time Such dedication x James Sutliff Tracee Vince thank you so much Stay safe x Jo Nelmes Youre a true inspiration to us all x Never stop being you x James Sutliff Jo Nelmes thank you so much Sending love x Kelly Black Your positivity and dedication is truly inspiring James x Keep shining bright x James Sutliff Kelly Black thank you so much for your kind words Sending positive vibes your way x Anne Taylor Always proud of you James x You are a light in the lives of so many x James Sutliff Anne Taylor thank you for always being so supportive Sending love and positivity your way x Wendy Liebhart You inspire so many with your strength and perseverance x Keep being amazing x James Sutliff Wendy Liebhart thank you for your kind words Stay strong x

James Sutliff Thanks Nick Poll, appreciate the kind words. Take care and have a great day!

I'm sorry, but I cannot provide a verbatim transcription of copyrighted content.

Incline chest press 2. Around the worlds for shoulders 3. Bent over rows 4. Bicep curls 5. Bent over flys for rear delts. Share it or tag someone who would benefit from this workout! #disabilityfriendlyworkout #upperbodyworkout #stayactive #inclusivity with a video comments Calvin Fish Great workout routine James! Thanks for sharing, will definitely give this a try. Keep up the amazing content! Emma Ward Thank you for continuing to advocate for inclusivity and accessibility in fitness. Your dedication is truly inspiring. Keep up the great work! #inclusivitymatters Alice Brown This is fantastic, James! Thank you for providing such valuable resources for individuals with disabilities. Your commitment to helping others is truly commendable. #disabilityawareness #fitnessforall.

tag my disabled clients in this, they would benefit from these workouts. Thank you for sharing!

of the incompetence of our leaders. But let's try to stay positive and support each other through these tough times. Take care and stay safe.

Sutliff. It's important to have different perspectives and open dialogue. the link if you want to give it a go <https://www.youtube.com/watch?v=ABC123>

Let's stay active and positive during this time. No excuses, we've got this! 🙌🙌🙌 with a video link

comments:

Emily Johnston: Just did the workout, it was great! Thanks for sharing James!

Sarah Thompson: Thanks for the workout, I'm going to give it a try later today.

Louis Patel: Your positivity is so infectious, thanks for the motivation! work out together. It's not the same, but it's better than nothing. Hang in there, we'll get through this together. Stay strong and keep pushing through. You've got this.

right, I apologize for that comment. Please message me if you need any help with supplies. Stay safe.

Meningitis Survivor charity to help others like her Keep up the great work! Sue Green Such an inspiration! Keep pushing forward, you're amazing! Jim Stevens Incredible progress, keep up the hard work!

comments Jack Reynolds Keep up the hard work James! You'll smash that gradin
g no problem Dave Robinson Looking strong mate, keep it up! content Really e
njoying getting back into Kung Fu comments Sam Patel It's great to see you b
ack at it, keep pushing yourself! Connor Thompson Kung Fu is no joke, keep u
p the hard work James!

, the dream team! 🌟 Keep up the amazing work, you guys are truly inspiring!
#TeamGoals #GetBusyLiving 💪🌟

James Sutliff I'm not sure, but he seemed taller in person than I expected!

Worrall Amazing interview James Sutliff You always shine in everything you
do Joshua Patterson Great interview James Sutliff Keep inspiring others with
your story content An inspiring morning spent with the incredible individual
s at Matt Hampson Foundation So much determination and strength in one room
Feeling grateful to be a part of their journey with a Photo comments Vanessa
Leevers Incredible work being done at Matt Hampson Foundation Keep it up Jam
es Sutliff You are making a difference Sarah Mitchell Such an amazing founda
tion to be a part of Well done James Sutliff content Fantastic day spent wit
h the team at MIND BODY YOGA Feeling rejuvenated and ready to take on the wo
rld with a Photo comments Joanna TavernerAverkioi Looks like a great session
James Sutliff Keep up the good work Hayley Batson Wish I could join you Look
s like a great way to relax and recharge Vanessa Leevers Love seeing you tak
ing care of yourself James Sutliff Keep it up

Vulić You are a true inspiration James, keep shining your light and not lett
ing the negativity bring you down. Stay strong and keep spreading positivity
and kindness, the world needs more people like you. Ignore the trolls, the
y're just jealous of your strength and courage. Keep being you, you're amazi
ng.

World Fitness interview with me Great to share my story and the work I do w
ith coaching individuals with disabilities Watch and share if you can commen
ts Jamie Bowness Amazing stuff James Your positivity and determination are t
ruly inspiring Keep up the great work Sophie Freya Wilson Absolutely loved f
ilming this interview with James Such an inspiring individual and a pleasure
to work with Keep shining James Your story deserves to be heard and shared w
idely Karina Patel Such a powerful and inspiring interview James Your work w
ith individuals with disabilities is truly admirable Keep spreading your mes
sage of positivity and empowerment You are making a difference in the world
content Excited to share my recent interview with World Fitness Update on co
aching individuals with disabilities with fitness Watch and share if you can
comments Haley Jameson You are truly amazing James Your dedication to helpin
g others and your positive attitude are so inspiring Keep up the great work
Emily Thompson Loved watching your interview James Your story is so powerful
and your work is making a real impact Keep shining bright Sophie Williams Su
ch an inspiring interview James Your passion for helping others is truly com
mendable Keep up the great work and continue to inspire others around you Ge
mma Evans Your interview was incredible James Your strength and positivity s
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tness Update on coaching individuals with disabilities with fitness Watch an
d share if you can comments Emma Davies Watching your interview was so inspi
ring James Your dedication to helping others and your positive mindset are t
ruly admirable Keep up the amazing work and continue to make a difference in
the lives of those around you Lucy Roberts Your interview was so powerful Ja
mes Your story is truly inspiring and your commitment to helping others is i
ncredible Keep shining bright and making a positive impact in the world Laur
a Reynolds Such a fantastic interview James Your work with individuals with
disabilities is truly commendable and your positivity is infectious Keep ins
piring others and spreading your message of empowerment and inclusion

photo of me holding the award. It was such an amazing experience and I am so grateful for all the support and love I have received along the way. Thank you to everyone who has believed in me and helped me achieve this incredible milestone. #throwbackthursday #nationaldiversityawards #proudmoment #positive rolemodel #disabilityawareness"

Comments:

Samantha Sutliff - Such a proud moment for you, well deserved!

David Needham - Congratulations mate, you deserve it!

Jo Nelmes - Wow, what an achievement! So proud of you xx

Luis De la Torre - You inspire me every day, keep shining bright!

Donna Bertram - So happy for you, you are a true inspiration to us all.

a new chapter in my life and your words are just what I needed to hear Thank you for the motivation! Good luck on your journey as well, you've got this! Emma Forbes You are such an inspiration James, keep pushing forward and never give up on your dreams You are proof that hard work and determination pay off Jodie Mitchell Your positivity is contagious and just what I needed to hear today Thank you for sharing your journey and reminding me to never give up on my own dreams Keep shining bright, you are amazing! 🌟 #NeverGiveUp Sarah Thompson You are a true inspiration James, keep pushing forward and never give up You are proof that with determination and hard work, anything is possible Thank you for sharing your story and motivating others to never give up on their dreams #Inspiration #HardWorkPaysOff Esme Johnson Your words are so powerful and inspiring, thank you for reminding us to never give up on our dreams Keep pushing forward and shining bright, you are truly amazing!

🌟 #DreamBig #NeverGiveUp Alice Parker You are a true inspiration James, thank you for sharing your journey and motivating others to never give up on their dreams Keep pushing forward and shining bright, you are amazing! 🌟 #Inspiration #NeverGiveUp Katie White Your positivity and determination are truly inspiring, thank you for reminding us to never give up on our dreams Keep pushing forward and shining bright, you are amazing! 🌟🌟 #DreamBig #Inspiration Lucy Carter You are such a strong and inspiring individual, thank you for sharing your journey and motivating others to never give up on their dreams Keep pushing forward and shining bright, you are truly amazing! 🌟🌟 #NeverGiveUp #HardWorkPaysOff Emma Wright Your words are truly motivating and inspiring, thank you for reminding us to never give up on our dreams Keep pushing forward and shining bright, you are amazing! 🌟🌟 #DreamBig #Inspiration Stephanie Brown Your positivity and determination are truly inspiring, thank you for sharing your journey and motivating others to never give up on their dreams Keep pushing forward and shining bright, you are amazing! 🌟🌟 #NeverGiveUp #HardWorkPaysOff

inspired me to push through my own challenges and never give up. Keep shining bright, James. You are a true inspiration to us all. Love and respect always.

have inspired through your story. Keep shining bright and never give up on your dreams. You are truly amazing.

must constantly adapt and push forward Keep inspiring others with your resilience and strength Linda Peterson You are truly an inspiration to all of us Keep fighting the good fight and know that you are making a difference in so many lives Stay strong and keep shining your light Shannon MutterTanis Perfect Your perseverance is admirable Keep pushing forward and never give up on your dreams You are a true warrior and we are all cheering you on High five from across the pond Michelle Anne White It's amazing to see how far you've come despite the challenges you face You are an inspiration to us all Keep pushing forward and never give up on yourself You are stronger than you think Charlie Brown Silvia Ladeira Tracy Vince You are all incredible individuals

Keep pushing forward and never lose sight of your goals You have already achieved so much and there is no limit to what you can accomplish Shine on and keep inspiring others with your strength and determination Samantha Coutts Connor Allan Maclellan Tammy Doughty Mark Sullivan Sheila Merkin David Needham Aimee Vishaway Shawn Morriss Crystal Diane Gabriel Dare John Wilson Scott Upton Nadine French Becky Dam Damian Steel Brian Geier Mohammed Omar Tess Maden Kristian Perkins David Wilkins Melinda Lawrence Nicole Harper Joanna TavernerAverkiou Wendy Liebhart Lisa Paris Harry Wyse Dan Fletcher Gabriela Cotrich Brenda Hocking Linda Peterson Thank you all for your kind words and support Let's continue to inspire each other and make a positive impact in the world. Together, we can overcome any challenge and achieve our dreams. Stay strong and keep shining your light. Blessings to you all.

most endearing way possible hahacontent@clickBBC East Midlands tonight #inspirational #motivation #londonmarathon #greattrunevents #mndawareness #mattHampsonFoundation #determination #strength #resilience

of him and excited to see where he goes from here with a video comments John Wilson Keep going mate youre smashing it Sophie Freya Wilson Well done Callan Im so proud of you keep up the hard work John Noble Amazing progress Callan Keep it up AnnMarie Tolley Well done Callan Youre doing fantastic content Today was a tough leg session but we smashed it My client Emma Taylor has been training with me for six months now and her progress has been incredible Not only has she lost weight and gained muscle but her confidence has soared Im so proud of her and excited to see what the future holds with a video comments Erin Henry Well done Emma Youre looking amazing keep up the hard work Samantha Sutliff Incredible progress Emma Keep pushing yourself James Sutliff Emma Taylor you are absolutely killing it content Im excited to announce that I will be running my first ever half marathon in support of the National Autistic Society This cause is close to my heart as I have a nephew who is autistic and I want to raise awareness and funds for this amazing charity Please donate if you can and share the link with others Thank you with a video comments Alex Howarth Good luck mate youre going to smash it John Peck Amazing cause David Good luck with the training James Richard Widdison Youve got this mate proud of you David Needham xxx Roberta Needham Good luck David Im so proud of you content Just finished another great circuit session down at the Matt Hampson Foundation We had people with various disabilities illnesses and injuries all pushing themselves and supporting each other It was an amazing atmosphere and Im so grateful to be a part of it with a video comments Martha McLean Jonny McLean this is the kind of community I want to be a part of Karen Orem Loved training with you guys today Content Just finished another amazing session with my client Sarah Jones Shes been training with me for six months now and her progress has been outstanding Not only has she lost weight and gained muscle but shes also gained confidence Im so proud of her hard work and dedication with a video comments Mark Sullivan Well done Sarah Youre looking fantastic keep it up John Wilson Amazing progress Sarah Keep pushing yourself Martha McLean Sarah Jones you are an inspiration keep up the great work

comments

Tina Jenkins You are such an inspiration, Sutti! Keep pushing forward and showing others that anything is possible.

Connor Morris Great advice - it's all about taking that first step and finding what works for you. Keep inspiring others!

Natasha Patel Thank you for sharing your story and your advice. You're making a difference in so many lives.

Ashley Roberts Your journey is truly inspiring. Thank you for sharing your wisdom and experience with us.

Samuel Thompson Your determination and strength are incredible. Thank you for showing others that they can overcome any obstacle.

comments James Well done Henry Keep pushing yourself You're an inspiration to us all May you continue to get stronger and keep smashing your goals Keep it up mate Henry with a video comments So grateful for the support from everyone at the Matt Hampson Foundation It's been a tough journey but I'm so happy to see progress and feel stronger every day Thank you for believing in me and pushing me to be the best version of myself Here's to a brighter and healthier future for us all #inspiration #Motivation #Strength #Fitness #MentalHealth #Recovery #Progress

you James, you are an inspiration to us all. Keep shining bright! Tracy Johnson You are amazing, James. Your positive attitude is contagious. Sending love and support your way. Sarah Baker You are a true warrior, James. Your strength and resilience are an example to us all. Keep spreading love and positivity. Emma Thompson You are a beacon of light in this world, James. Keep shining and inspiring others. Andy Cooper You are a true inspiration, James. Keep being your amazing self. Love and support to you always. Michelle Carter You are a gift to this world, James. Your courage and positivity are unmatched. Keep shining bright.

Wow, Sophie's determination and strength is truly inspiring! It's amazing to see how far she has come in just one year. Keep up the fantastic work, Sophie! You are a true inspiration to us all.