



# Jamie Squires

Eye colour:

**Blue**

Occupation:

**Wellness Coach**

What do I do?

**I help support those exercising at Josephs**

**Court**

Favourite movie:

**Watchmen**

3 things I couldn't live without:

**Gym, motorcycle, my computer**

3 things my friends say about me:

**Friendly, strong, determined**

My greatest achievement

**Reaching a qualifying**

**powerlifting**

**total for the**

**British championships!**

