# Former Love Island contestant Dr. Alex George opens up about mental health journey and weight loss



Dr. Alex George, former Love Island contestant and current UK Youth Mental Health Ambassador, has lost seven stone by incorporating exercise into his routine to improve his mental health. The 33-year-old made this lifestyle change in response to the grief and mental health struggles he faced following his brother Llyr’s tragic death by suicide at the age of 19.

Speaking on ITV's Lorraine, Dr. George discussed the challenges he faced, revealing that he turned to food and drink for comfort during this difficult period. He described feeling lost and unrecognizable to himself until he adopted walking as a form of therapy, which eventually led to significant weight loss.

Dr. George emphasized the importance of channelling grief into physical activity to prevent falling into dark places, sharing that weight training has substantially improved both his physical and mental health. He noted that he could barely walk 10 to 15 minutes two years ago but has since made considerable progress.

In addition to his television appearances and medical career, Dr. George frequently shares his journey on Instagram, expressing that consistent gym sessions and weight training have given him newfound confidence and well-being. He encourages others to persevere in their fitness pursuits, highlighting the mental and physical benefits of exercise.