



## Helen Lawal

**NHS GP, [TV presenter](#) and [health coach](#)**

Dr Helen Lawal is a Portfolio GP and works in the NHS for OneMedical Group as the Lead GP for Lifestyle Medicine. Alongside this she works as a Health Coach in a private [wellness](#) centre helping men and women lose weight and create healthy lifestyle habits. She also has 3 years experience of working in a Sexual Health and Contraception clinic.

## Helen's biography

### Helen Lawal's background

Helen currently co-presents Channel 4 series' Food Unwrapped along with [health](#) programme How To Lose Weight Well for Channel 4. Most recently, she presented Coronavirus: Can You Avoid It? for Channel 4, amassing 1.8 million viewers – the largest audience for a Channel 4 documentary so far this year.

Previously she co-presented How To Stay Well, a series for Channel 4, which aired in 2017.

Dr Lawal holds degrees in both Sport and Exercise [Science](#) (University of Leeds) and Medicine (Hull-York Medical School) and undertook her GP training at University College London Hospital.

Away from medicine Helen is a keen health and lifestyle blogger, loves Yoga and practices [mindfulness](#) and meditation.