

From Wheelchair to Wellness Leader: South London Personal Trainer Defies MS Diagnosis to Inspire Millions

London, United Kingdom May 29, 2026 ([IssueWire.com](https://www.IssueWire.com)) - At the age of 23, South London creative and aspiring Civil Engineer Alex Deans was diagnosed with Multiple Sclerosis (MS) and lost the ability to walk. Now 33, after spending time wheelchair-bound and undergoing the grueling process of relearning how to walk, Alex has transformed his life-altering diagnosis into a global movement of resilience, community, and representation.

Choosing to adapt rather than abandon his future, Alex made the difficult decision to pivot from engineering to become a qualified Personal Trainer. Today, he uses fitness not only to manage his own condition physically, emotionally, and mentally, but also to specialize in body transformations for others. By leveraging his lived experiences and recovery journey, he helps clients push through their own physical and mental barriers.

"My understanding of MS deepened, as did my purpose," says Alex.

As part of his mission to educate and support those facing invisible illnesses, Alex founded Confirmed Anomalies CIC. This community-focused organization is dedicated to raising awareness around Multiple Sclerosis and Sickle Cell through creative holistic events, storytelling, and community 5K runs. By openly documenting the realities of living with a fluctuating neurological condition, he has built a powerful platform rooted in accountability and positive mental attitude.

Through his YouTube channel, Wok Works, which recently surpassed 1 million views, Alex actively challenges the stigma surrounding disability. He uses his platform to share personal experiences, insights, and critical information to help the public better understand the realities of MS.

"Some of the biggest misconceptions about the condition are that people believe it is curable simply because I am now able to walk or that because they cannot see any visible defects, there is nothing wrong with me," Alex explains. "I combat these misconceptions by sharing awareness. The public really needs to hear and understand that Multiple Sclerosis affects people in vastly different ways, but it can be managed and supported when the right steps are taken."

Understanding that health and energy levels can often be compromised for those managing chronic conditions, Alex also authored ***Vegan Power***, a simple smoothie recipe book aimed at helping people maintain accessible, basic nutritional habits. The book is currently available on Amazon: <https://amzn.to/48TMLdv>

Through honesty, vulnerability, and actionable progress, Alex is helping thousands globally change the narrative around disability and what rebuilding a life truly looks like. His powerhouse mindset proves that progress is always possible, even when life changes unexpectedly.

This Multiple Sclerosis awareness day, Alex has a clear call to action for the wider world: "All I ask is for society, the government, and industries to gain better awareness of the condition." It is not only helpful to someone living with MS, but it could also help businesses improve by allowing them to deal with affected individuals more efficiently—with patience, empathy, and knowledgeable advice."

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