

MEDIA RELEASE

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TerryWhite Chemmart shakes up popular Tony Ferguson brand with new healthy eating focus

TerryWhite Chemmart is set to revolutionise its popular weight loss brand Tony Ferguson, with the program evolving from meal replacement shakes to a more personalised, healthy lifestyle way of eating.

The refreshed 12 week program is relaunching on October 11 and will feature new recipes and meal plans with a focus on protein levels, sugar content, calories and an exercise plan.

Customers will have access to an online support program designed to help them successfully and responsibly achieve their goal weight, plus 12 weekly support emails from program designer, Gloria Cabrera, who is an accredited practising dietitian (ACP) and personal trainer.

“Customers will still be able to use Tony Ferguson’s classic meal replacement ready-to-drink shakes that they’ve come to know and love, but we have redesigned the program to take a more holistic approach towards healthy and sustainable weight loss,” said TerryWhite Chemmart CEO Anthony White.

“The revamped program aims to foster a healthy lifestyle by providing customers with the information and tools to prepare healthy meals and incorporate regular exercise into their lives.

“Customers today are placing increasing value on their health and wellness. With the relaunch of Tony Ferguson, we’re excited to offer a program that helps customers achieve their own weight loss goals, as well as adopt life-long habits for a healthier and happier lifestyle.”

Ms Cabrera said the new meal plans in the program featured delicious, easy-to-follow recipes that anybody could prepare in the comfort of their own home.

“We understand that everyone’s tastes and dietary requirements are different, so we’ve come up with a variety of recipes that include low-carb, low-calorie, gluten-free, dairy-free, vegetarian and vegan,” she said.

“There’s something for everybody, with recipes including chilli lamb stir fry, Mexican beef, beans and vegetables, braised chicken with tomatoes and olives and plenty more.”

Customers who follow the program will receive:

- 12 weekly emails supported by Gloria Cabrera, providing advice on the 12 steps of the program
- 12 special offers at TerryWhite Chemmart

- 48 new recipes (low-carb, low-calorie, gluten-free, dairy-free, vegetarian and vegan recipes available)
- 25 new meal plans (1 shake per day, 2 shakes per day or a maintenance plan with food)

Tony Ferguson is available at TerryWhite Chemmart and selected independent stores, and customers can opt into the program from the launch date on any day.

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For more information please contact:

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About TerryWhite Chemmart

Following the merger of Terry White Group and Chemmart in late 2016, TerryWhite Chemmart is now Australia's largest retail pharmacy brand, with approximately 500 stores around the country. TerryWhite Chemmart delivers high-quality, accessible, and cost-effective community-based health care services.