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Media Release



## Guardian Exercise Rehabilitation Acquires Verde Nutrition Co

Today, Guardian Exercise Rehabilitation has publicly announced that Verde Nutrition Co officially joined the group on 1 January 2024.

The move introduces telehealth dietitian services to the group's national allied health service offering within the exercise rehabilitation space.

Chief Executive Officer Robert Pierce said the acquisition marked a first for the organisation as it continued to expand operations towards full scope healthcare services.

"Through acquiring Verde Nutrition Co and their team of Accredited Practising Dietitians, we will take our existing mobile rehabilitation services to the next level, which is what the market is calling for," he said.

"Growing evidence is making clear the importance of quality nutrition as part of a treatment plan to significantly improve therapeutic outcomes, so as well as being a strategic move, this is a client-focused decision.

"We know an integrative approach to health, inclusive of physical and mental outcomes, is critical to reaching optimal health and recovery - which is why we're so passionate about introducing this into every workplace to improve safety, culture and workers compensation claim rates.

"This acquisition is very exciting for the group and our clients, not only because it's a completely new service offering, but also because the team at Verde Nutrition Co are completely aligned with our core values and purpose of **connecting people to a healthier life**.

"We believe merging evidence-led, best-practice, and meaningful health services will allow us to truly excel in fulfilling our purpose."

Verde Nutrition Co will continue to operate under the direction of founder Chloe McLeod, one of Australia's leading nutrition experts and business professionals in the industry.

Ms McLeod said she was excited for the opportunity the acquisition would offer the Verde team in being introduced to new markets.

"The Verde Nutrition Co sale is an inspiring time for the organisation and progressing into a sector which truly does impact the quality of life of injured or ill workers," she said.

"With such a talented and committed national team, I'm looking forward to helping even more Australians see an increase in their quality of life through tailored nutritional programs."

Alongside Guardian Exercise Rehabilitation and Verde Nutrition Co, the group also includes WA-based vocational rehabilitation provider Custodian Work Assist.

Delivered by qualified allied health clinicians, programs range from early intervention through to chronicity management and proactive preventative strategies for the entire workforce.

Interventions are evidence-based and integrated as part of a holistic treatment plan, working alongside traditional interventions including psychotherapy and pharmacotherapy.

With Verde's range of services this will now extend to nutrition planning and education, from specialists in gut health, IBS, disordered eating, skin, sports nutrition and more.