



## Allyson

Allyson had several reasons she wanted to lose weight, one was to be a better role model for her 3 children, others were to feel better and look better. Also, she wanted to improve her tennis game, and from what we can see her opponents better watch out! Allyson is an amazing client, she has been able to work out more after reaching her EMPowered Weight® which is improving her body composition statistics at each EMPowered Weight-in! The results can be seen visually – but much more important scientifically by his body composition numbers.

Here are just a few:

**Body fat percentage** – down by over 25%

**Visceral Fat** – internal/organ fat down 45%

**Metabolic Age** – Down 16 years, which creates many benefits.

We are honored and pleased to have Allyson as client and ambassador of EMP 180° Weight Loss – he is now at his EMPowered Weight® and it is our goal to help Allyson stay there forever.