Gregg

Greg was and is a model client, he followed our program precisely, always asked questions to better understand what he needed to do to achieve his goals. He was easily able to stay on program during traveling and on vacation. Greg’s body composition numbers have continued to improve after his graduation. He has lost more body fat and increased his muscle mass. This is attributable to his increased energy level and ability to exercise due to his weight loss. The results can be seen visually, and perhaps more important by the improvement in his body composition numbers.

Here are just a few:

- **Body fat percentage** – down by more than 22%
- **Visceral Fat** – internal/organ fat down 33%
- **Metabolic Age** – Down 6 years, which creates many benefits.

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