

Dirk

At first glance if you met Dirk in January when he walked into EMP 180° you might say he didn't need to lose weight. However, like many of our clients there were some changes he wanted to make, he knew himself and wanted to get healthier and reach the best weight for a man his age, size and body structure. 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 more than 50%

Visceral Fat – internal/organ fat down 50%+

Metabolic Age – Down 14 years, which creates many benefits.

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

