

Laura

Laura had tried for some time to lose weight, and was able to on her own. Like most who create their own weight loss programs, she mainly focused on restricting her caloric intake. She did lose weight, only to gain it back quickly after reaching her goal.

Laura was and is a tremendous client, she easily grasped our program and she stayed on course. If not at 100% perfection she had to be very close to 100% compliancy. We attribute her ability to stay on course do to her military career and ability to follow strategic plan. Also, thank you Laura again for your service to our county. Laura easily exceeded her goals in 8 weeks even with travel that took place near the end of her program. The results can be seen visually – but more important scientifically by her body composition numbers.

Here are just a few:

Body fat percentage – down by more than 15%

Visceral Fat – internal/organ fat down 36%+

Metabolic Age – Down 8 years, which creates many benefits.

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

