

Nick

We have learned that everyone has their own personal reasons why they decide to lose weight. Nick is an avid runner, he had several races coming up in April and knew he needed to lose weight. He had lost weight on his own in the past, but it had become harder. At EMP 180° he lost 15 pounds in 4 weeks which allowed him to begin his full training regimen months earlier. The results can be seen visually and hopefully by Nick meeting his race goals as well. Also, and perhaps more important by the improvement in his body composition numbers.

Here are just a few:

Body fat percentage – down by more than 28%

Visceral Fat – internal/organ fat down 40%

Metabolic Age – Down 5 years, which creates many benefits.

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

