



Tim

As a loving father of 5 and grandfather to 8 amazing grandchildren, Tim wanted to improve his health by losing weight. He knew by getting healthier from weight loss he would be able to be more active with his 8 wonderful grandchildren. We are happy to say in 8 weeks Tim accomplished his goal and lost nearly 26 pounds. His changes can be seen visually, notice the bigger smile – but much more important scientifically by his body composition numbers.

Here are just a few:

Body fat percentage – down by more than 25%

Visceral Fat – internal/organ fat down 33%+

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

Clothing Size – Let's just say, he could wear his 90's wardrobe if he wanted - 😊

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