

## Danny

Danny was watching his co-worker Grant Paulsen transition his health by losing weight and changing his habits and patterns that had lead Grant to gain weight. As a new father, Danny realized he too for his own reasons needed to lose weight and become healthier. He wanted to get his body back to where it was when he was a fit college athlete. He will gladly tell you in his humorous and charismatic way he has accomplished his goal and exceeded his own expectations. Recently while Danny was at an event,

he overheard someone give another person directions, and they said, “it is over there by the really fit guy”. Danny told us he was just so proud of himself and grateful to us and so flattered 😊. 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 nearly 48%

**Visceral Fat** – internal/organ fat down 54%

**Metabolic Age** – Down 16 years, which creates many benefits.

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

