



## Kirk

Kirk told us he had trouble holding his commitment to past attempts to lose weight. We can proudly say that he was fully committed to his personalized program and our EMP 180° Inner Diet coaching helped him achieve a deep layer of commitment. Kirk achieved his goal swiftly and with ease. As an EMP 180° GRAD he is continuing to improve on his body composition numbers, his % body fat has dropped an additional 1% on his EMPowered Weight® program. 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 43%

**Visceral Fat** – internal/organ fat down 58%

**Metabolic Age** – Down 17 years, which creates many benefits.

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