

Scott

Like many of our clients Scott had been working hard on his own to get healthier by losing weight. He had success, but he was not able to retain his weight loss. His weight seemed to come back just as fast as he lost the weight. Like we are with all of our clients our goal was not only to help him lose the 25 pounds he wanted to drop – it was to coach him on how to keep it off forever. Scott graduated 2 months ago and has been improving on his EMPowered Weight® by gaining muscle mass and improving his % body fat. We actually need a new after photo 😊. 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 50%

Visceral Fat – internal/organ fat down 58%

Metabolic Age – Down 18 years, which creates many benefits.

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

