

Paul

Paul's goals were similar to so many of our clients, he wanted to look better, feel better, and improve his health from the benefits of weight loss. He has tried other programs and had some success but he found they didn't provide the personalized coaching that he needed to have success. He would tell his success here at EMP 180° was and is due to the personalized one on one nutritional coaching he (and all clients) receive. Paul looks amazing and feels better than he has in a decade, he is excited to have more energy and ability to play with his 5 grandchildren. 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 35%

Visceral Fat – internal/organ fat down 47%

Metabolic Age – Down 11 years, which creates many benefits.

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

