

**STOP EXERCISING! THE WAY  
YOU ARE DOING IT NOW.  
5 DANGEROUS FACTS THAT WILL BACKFIRE  
AND CAUSE YOU TO STAY FAT OR HURT  
YOURSELF**

Igor Klibanov

# Housekeeping




- No distractions
  - Close all other applications
  - Turn phone off, or put it on silent
- Interactive webinar

A person's hands are visible, holding a white rectangular sign with a slightly curved top edge. The sign features the word "YES!" in a large, bold, black, sans-serif font. The background is a clear, bright blue sky with some light, wispy clouds. The lighting is bright, suggesting an outdoor setting during the day.

**YES!**

Promise to Ask Questions?

# AGENDA

1. My background
  2. The Biggest Weight Loss Mistakes You Are Making
  3. Too much cardio can make you fat
  4. The most important factor for quality of life
  5. The hidden reasons you're not losing weight
  6. Your hormones and your body fat
  7. Special offer
- 



What's My Story?

[FitnessSolutionsPlus.ca](http://FitnessSolutionsPlus.ca)



# Nutrition

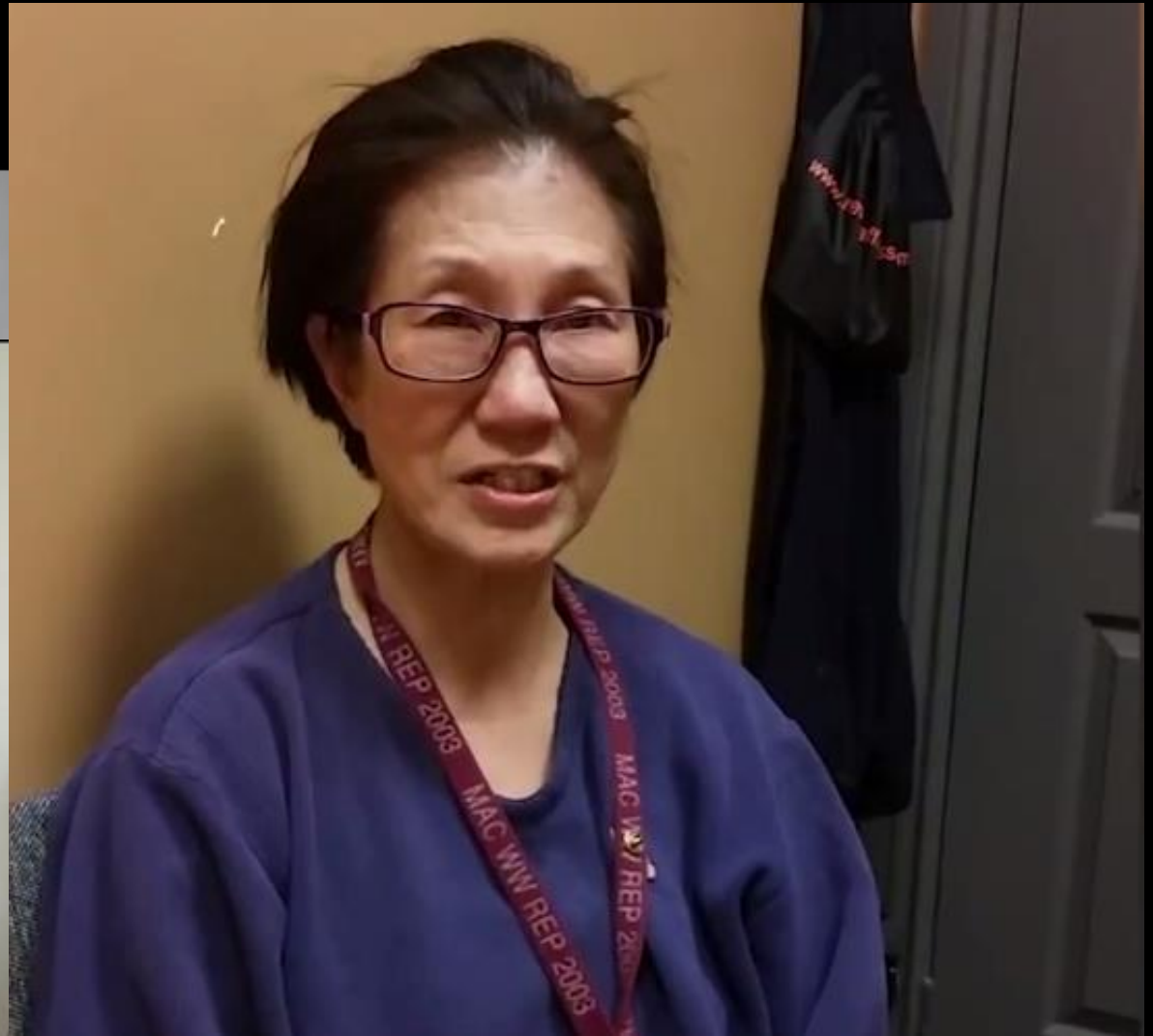




[FitnessSolutionsPlus.ca](https://FitnessSolutionsPlus.ca)







Victor Lyn 2.mp4

# The hybrid pant

The joggling combines the style of denim with the comfort of a legging

MIYA FRANCISCO  
for Metro Canada



Once discounted as fleeting trends, both skinny jeans and leggings are now such wardrobe staples that they have mutated into "jeggings" — in-speak for denim leggings.

Imagine the structured of denim combined with the comfort of leggings, and it's not difficult to understand why this both-worlds hybrid is one of the most popular styles of the season.

Described as a "comfy, casual version of your favorite skinny jeans" by Lauren Richter, showroom manager for the P.R. department at H&M Canada, leggings are more wearable than you suspect.

They're not just for sporting jeggings is

**"I actually think that a joggling is amazing on any body type, 24 to 32 ... Pair with a great top, something that's a perfect length."**

Lauren Applebaum, brand manager for Hudson Jeans Canada

it's as easy as 1-2-3. "Pair with a great top, something that's a perfect length. Nothing too bulky, nothing too tight."

"Jeggings look best paired with a tunic or three-quarter length blazer to give a bit of coverage," elaborates Richter.

In the summer, choose a great heel to wear with your jeggings, leaving your ankle exposed, transition into cooler months by tucking them into a boot. Given their versatility, the popularity of jeggings shows no signs of slowing down. In fact, expect to see an evolution of the ier-

gling is something that will be around for awhile."



# Kors' new lifestyle store

NEW STORE Michael Kors (Canada), Co., announces the opening of Canada's eighth freestanding Lifestyle store at the Toronto Eaton Centre at the end of June 2010.

The latest addition to the growing Michael Kors brand, this new 1,700 square foot store offers a full range of accessories from all of the collec-

tions, Michael Kors, KORS Michael Kors and MICHAEL Michael Kors, with a selection of ready-to-wear pieces from MICHAEL Michael Kors.

Fragrance, eyewear and other licensed product categories will also be featured.

The Toronto Eaton Centre opening comes on the heels of seven other lifestyle store openings in Canada.



METRO NEWS SERVICE

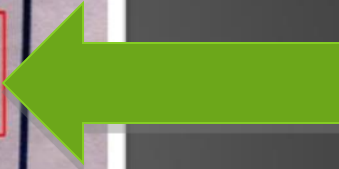
## TOP 5 PERSONAL TRAINERS RECOMMENDED BY METRO READERS

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"Exercise is individualized to your unique needs, your unique schedule, your unique experience, personality, and body mechanics."

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"Carl is fun but tough trainer - I got results in 6 weeks."

**LARRY LECLAIR**  
"He is an awesome personal trainer. He knows how to keep the sessions fun and fresh."



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# STOP EXERCISING!

THE WAY YOU ARE DOING IT NOW.



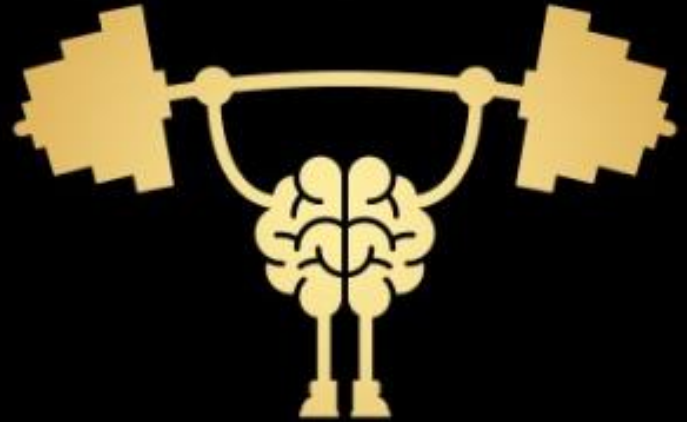
**7 DANGEROUS FACTS**  
THAT WILL BACKFIRE AND CAUSE YOU TO STAY FAT OR HURT YOURSELF

STOP EXERCISING!  
THE WAY YOU ARE DOING IT NOW!

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# THE MENTAL HEALTH PRESCRIPTION

*Personalized Exercise and Nutrition Strategies for Bulletproof Mental Health*



IGOR KLIBANOV

PIMCO INCOME F (PIMIX)

Markham's Own AUTHOR AND FITNESS EXPERT

Print this Article E-mail this page Refer a colleague

ESB | TORONTO STAR SATURDAY, AUGUST 20, 2016 SPECIAL REPORT: RETIREMENT NOW

KEEP FIT Someone to keep you motivated

A 68-year-old cancer survivor turns his heart health around with a personal trainer

TALIA WOOLDRIDGE SPECIAL TO THE STAR

After retiring from an accounting career three years ago, cancer survivor Pierre Bocti decided to make his body and health his top priority.

He hired a personal trainer in 2014, shortly before his 69th birthday, and within eight months of working out, dropped 30 pounds and lost four inches from his waistline. More importantly, his strength and heart health improved.

So much so, that Bocti's cardiologist was amazed earlier this year when the score of his treadmill stress test — measuring his heart, EKG, and respiratory rate changed dramatically. The scores moved from below average (within the 65th percentile with an impaired fitness level) to within the 95th percentile. His incline on the treadmill also increased from 8 to 14 degrees.

"The results were amazing," Bocti said.

"Actually the cardiologist's jaw dropped. He was so impressed with my cholesterol and said, 'Your stress test results are phenomenal!'"

Bocti credits his progress to personal trainer, Igor Kilbanov. "I've been with Igor for two years and he's a very caring, knowledgeable trainer," Bocti said.

"Working out is hard, but Igor makes it easy and always finds the answers to all of my questions about my health and nutrition."

Inevitably, the need for proper exercise and nutrition increases as we age and the body slows down. When executed correctly, strength training and cardio exercise can have great benefits. It's that balancing act between eating and exercising sensibly that can help manage common conditions such as diabetes, arthritis, high blood pressure and cardiovas-

cular health.

"What happens as we get older? We get weaker, our endurance declines, cholesterol rises, blood sugar rises, blood pressure rises, and there are other negative effects," said Kilbanov, who is 29 and the CEO of Fitness Solutions Now in Markham, Ont. He is also the author of *Stop Exercising! The Way You Are Doing It Now*.

"What does strength training and cardio do? It makes you stronger, gives you more endurance, improves cholesterol profiles, blood sugar, blood pressure, and (has) many other positive effects," Kilbanov said.

"In other words, exercise is the ultimate anti-aging treatment. Never mind all the fancy, high-tech methods. Sometimes, the low-tech is the most effective."

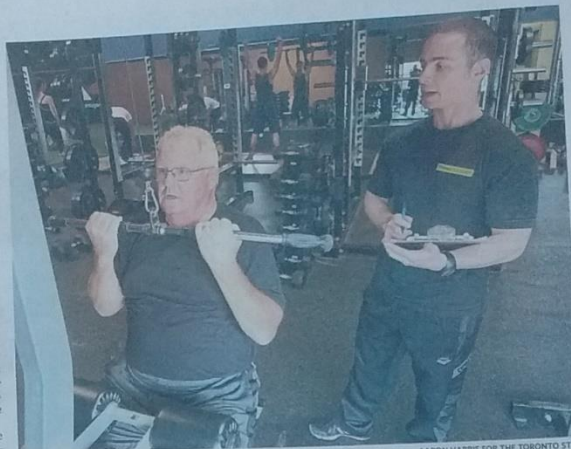
Dr. Paul Oh, medical director of the Cardiovascular Prevention and Rehabilitation Program at the Toronto Rehabilitation Institute, University Health Network (UHN) agrees.

"Engaging in regular physical activity is critically important across the entire age spectrum, but especially so for seniors since muscle mass, bone strength and fitness decline steadily as we get older unless we purposely intervene," Oh said.

Oh helps run the Cardiovascular Prevention and Rehabilitation program at the Toronto Rehab Institute and the Peter Munk Cardiac Centre at the UHN.

In Toronto, the six-month supervised education and lifestyle management program sees approximately 2,400 people a year, including those recovering from heart attacks, surgery or living with complex heart conditions. The UHN now collaborates with 80 cardiac rehab sites through the Cardiac Rehabilitation Network of Ontario (CRNO), servicing approximately 18,000 patients annually.

According to Oh, "a simple program of walking at a moderate pace 30 minutes a day and light strength-



AARON HARRIS FOR THE TORONTO STAR

Igor Kilbanov guides his client Kent Hawkins, 61, through his weight training at Advantage 4 Athletes in Markham.

exercising with a rubber band, dumbbell or even a soup can twice a week can significantly improve heart health, blood pressure, cholesterol and sugar control, and bone memory and brain function."

When it comes to exercise, there is no one-size-fits-all approach. But navigating a gym can be intimidating, even dangerous without supervision. A reclining leg press machine, for example, is not suitable for those over 50 with high blood pressure, as any exercise that exerts legs above the head can raise blood pressure. Similarly, for best results, a cardiovascular stress test should be done on a steep incline, not using a stationary bike or flat treadmill — something only an expert would know.

Developing a proper regime should take into account an individual's overall physical condition and health history, particularly if that person is on medication such as a beta blocker, which keeps the heart rate down.

This is why hiring an experienced personal trainer can pay off.

"Education and motivation are the two reasons to hire a personal trainer," said Kilbanov. "Some people don't need the motivation, but benefit from education around correct posture and designing a workout routine."

Trainer expertise varies, as do rates. According to Kilbanov, hourly rates can range from \$40 to \$185 per hour, while credentials may be a three-day certification course or a four-year, post-secondary degree in kinesiology or nutrition.

Notable certifications include those from Canadian Fitness Professionals (CanFit Pro), the Certified Professional Trainer's Network (CPTN) and the Canadian Society of Exercise Physiology (CSEP).

Beyond credentials, look at the trainer's success rate assisting clients with similar goals, and health profiles, to your own, and review the initial one-on-one assessment. Kil-

banov — who charges \$90 per hour, has a kinesiology degree and regularly takes courses to improve his knowledge and skill set — uses a three-part assessment including an extensive questionnaire. He tailors an exercise program and adds nutritional supplements when necessary. "If you're not eating correctly nor taking the right nutritional supplements, you won't achieve the desired results with just exercise," Kilbanov said.

Even if you have always been active, a personal trainer can keep you motivated and exercising safely into your senior years.

David, a 71-year-old architect (who did not want his last name used), a personal trainer with bringing him out of a prediabetic phase.

"A personal trainer helps keep you on track," David said. "But you need a good trainer — one who understands nutrition and diet. You can't put a price on your health."

REAL ESTATE Tips and tricks for retiring abroad

Consider it like marriage — before you take the plunge, get to know your destination

YAWN HIMMELSBACH SPECIAL TO THE STAR

For several years, Phillip Tallman and his partner had been considering where to put down roots once they retired. Now that retirement is mere weeks away, the two will make their escape — at least for three months of the year — south of the border. But not Florida or California. "I considered Mexico several years ago," said Tallman. "But at that time I was not comfortable with the process required for a foreigner to purchase land — basically a guarantee chase land — so the land was never in your name."

He hadn't considered Ecuador, nor did he know much about it as a top retirement destination.

Tallman had to see for himself. So he and his partner flew into the hot, humid city of Guayaquil, made their way to Cuenca, in the highlands, then northwest to the coastal towns of Montalvo, La Libertad, San Pablo, Montalvo, and Olan.

They liked the vibe of Montalvo — considered the spot for surfing in Ecuador. While it has about 1,200 permanent residents, the town's population triples in size with vacationers, and offers plenty of restaurants, bars and shops.

As it turned out, there were vacant lots available on a hill beside his boat, with views north where they were. While Tallman wasn't sure they were ready to take on the challenge of building a home in a foreign country, they were impressed with builder Christian Graf, who had lived overseas and understood what they were looking for.

Construction started the next week. "The home is exactly what Tallman and his partner envisioned. They're

still working on the house, but they spend their winters there and love it. They have a great time. Those are just the reasons why they consider when retiring abroad. They're especially outside of their comfort zone where they can be challenged. "Know the rules of the game and learn to work with them," Tallman said. Angelo Himmelsbach is a financial adviser with Sun Life of Canada.

Usually the decision to retire in a foreign country is based on a practical reason, not a financial one, said. Perhaps it's because the retiree has family in that destination, or they once vacationed there and are in love with it. Regardless, the decision shouldn't be entirely based on emotions.

"See if the desired country and Canada have some sort of treaty," said Mantzios. "Without a treaty, it can be tricky with taxation." A treaty can protect snowbirds from paying too many taxes twice — in two different countries.

By snowbirding — living outside Canada for only part of the year — snowbirds can keep their Canadian RRSPs intact. Plus, they can fit from universal health care. In the period of time each year, they can pay for example, you may be in the U.S. for 150 days, but the U.S. will pay for the rest of the year. That's not a bad deal, but the rules are complex. It's best to consult with a professional before making any kind of investment to make the most of the time.

Another tip is to consider the cost of living in the destination. "If you find a place you want to try, it's one thing to go there for a few months, but it's another matter to live there for the rest of your life. You need to know what you're getting into."

BACKFIRE! CAUSE YOU TO STAY FAT OR HURT YOURSELF

New author and fitness expert Igor K to stop exercising.

Substanting Ecuador

Afford





morning  
live

# MENTAL HEALTH PRESCRIPTION

# Mentorship Program





HEART  
AND STROKE  
FOUNDATION  
OF ONTARIO

Alzheimer Society  
YORK REGION





# THE BIGGEST WEIGHT LOSS MISTAKES YOU ARE MAKING: TIME



# HOW TO FIT EXERCISE INTO YOUR BUSY DAY



# HOW TO FIT EXERCISE INTO YOUR BUSY DAY



# HOW TO EXERCISE WITH LITTLE-TO-NO EQUIPMENT



# HOW TO EXERCISE WITH LITTLE-TO-NO EQUIPMENT



# HOW TO EXERCISE WITH LITTLE-TO-NO EQUIPMENT



# THE BIGGEST WEIGHT LOSS MISTAKES YOU ARE MAKING: CRASH DIETING



# THE BIGGEST WEIGHT LOSS MISTAKES YOU ARE MAKING: WAITING FOR THE PERFECT TIME





# THE BIGGEST WEIGHT LOSS MISTAKES YOU ARE MAKING: PUTTING YOURSELF LAST



# THE BIGGEST WEIGHT LOSS MISTAKES YOU ARE MAKING: NOT INDIVIDUALIZING

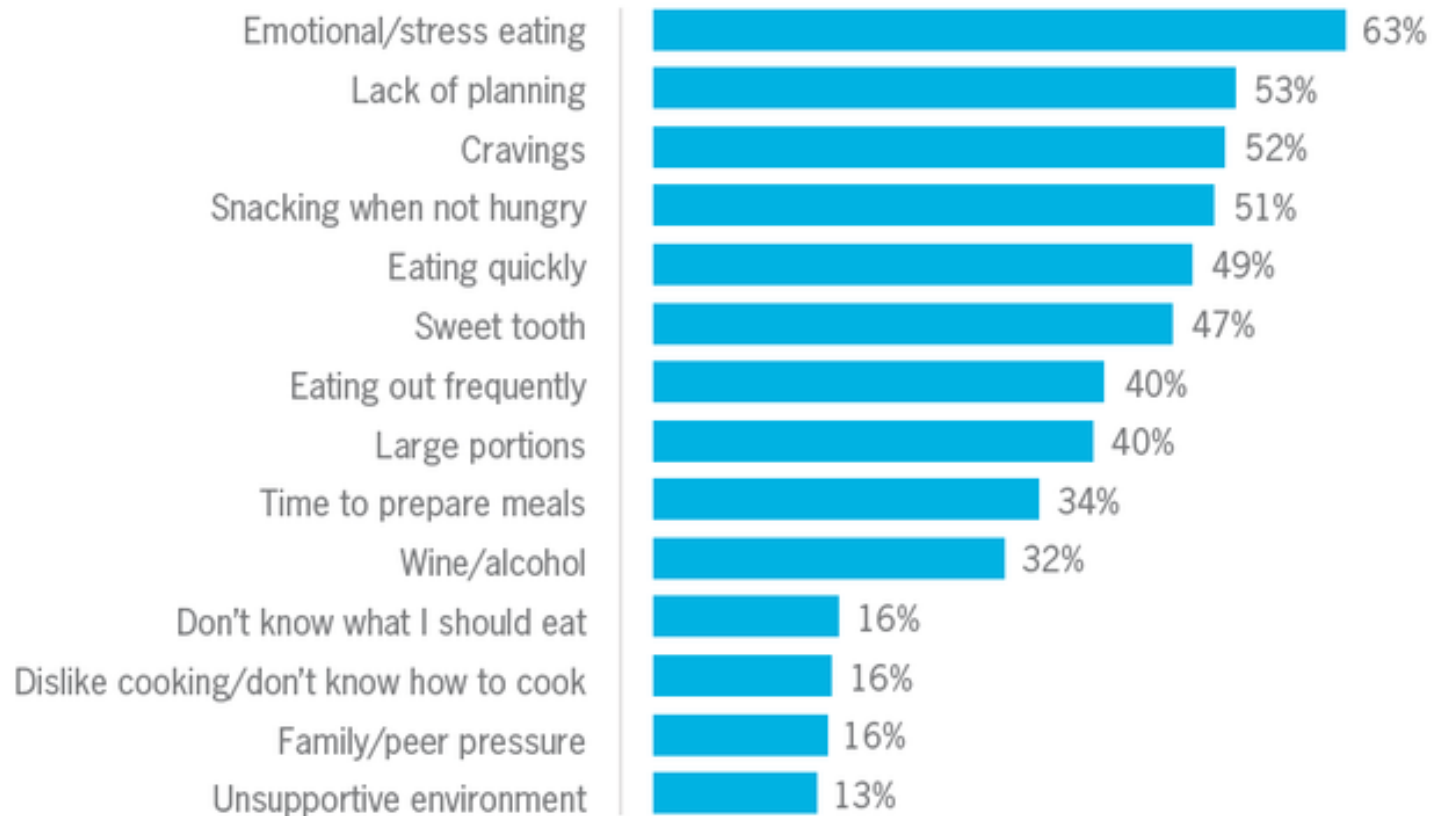


# THE BIGGEST WEIGHT LOSS MISTAKES YOU ARE MAKING: TRYING TO DO IT YOURSELF



# THE BIGGEST WEIGHT LOSS MISTAKES YOU ARE MAKING: BLAMING THE WRONG THING

## WHAT'S YOUR BIGGEST NUTRITIONAL CHALLENGE?

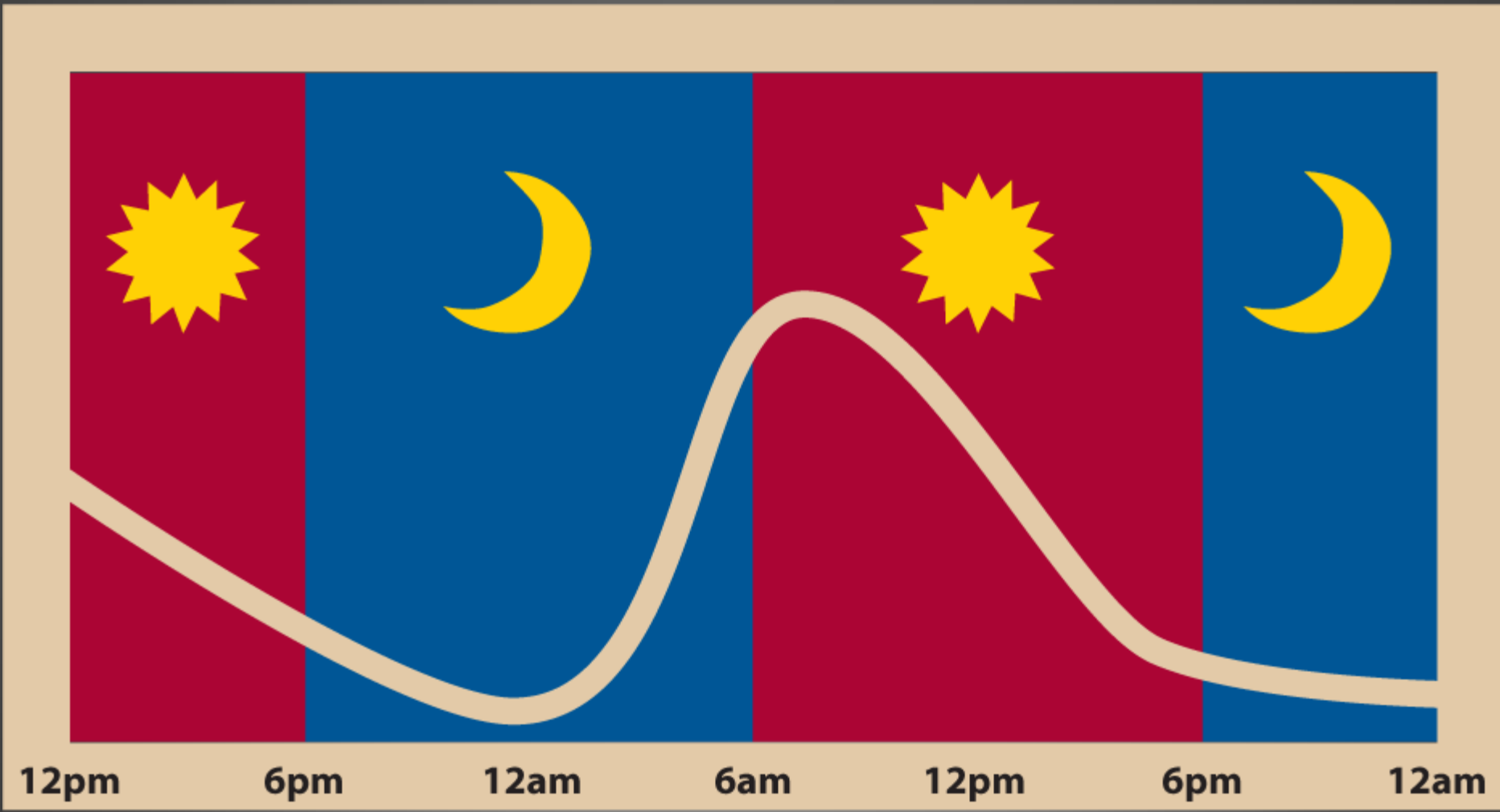


2

## EXCESSIVE AND EXCLUSIVE CARDIO



**Figure 1**  
Circadian Release of Cortisol



# PREMATURE AGING



# CASE STUDY





# Poll

What's the most important factor for quality of life and longevity?

1. Cardio
2. Strength
3. Flexibility

# NUMBER 2: MUSCLE MASS IS MORE IMPORTANT THAN CARDIO FOR HEALTH

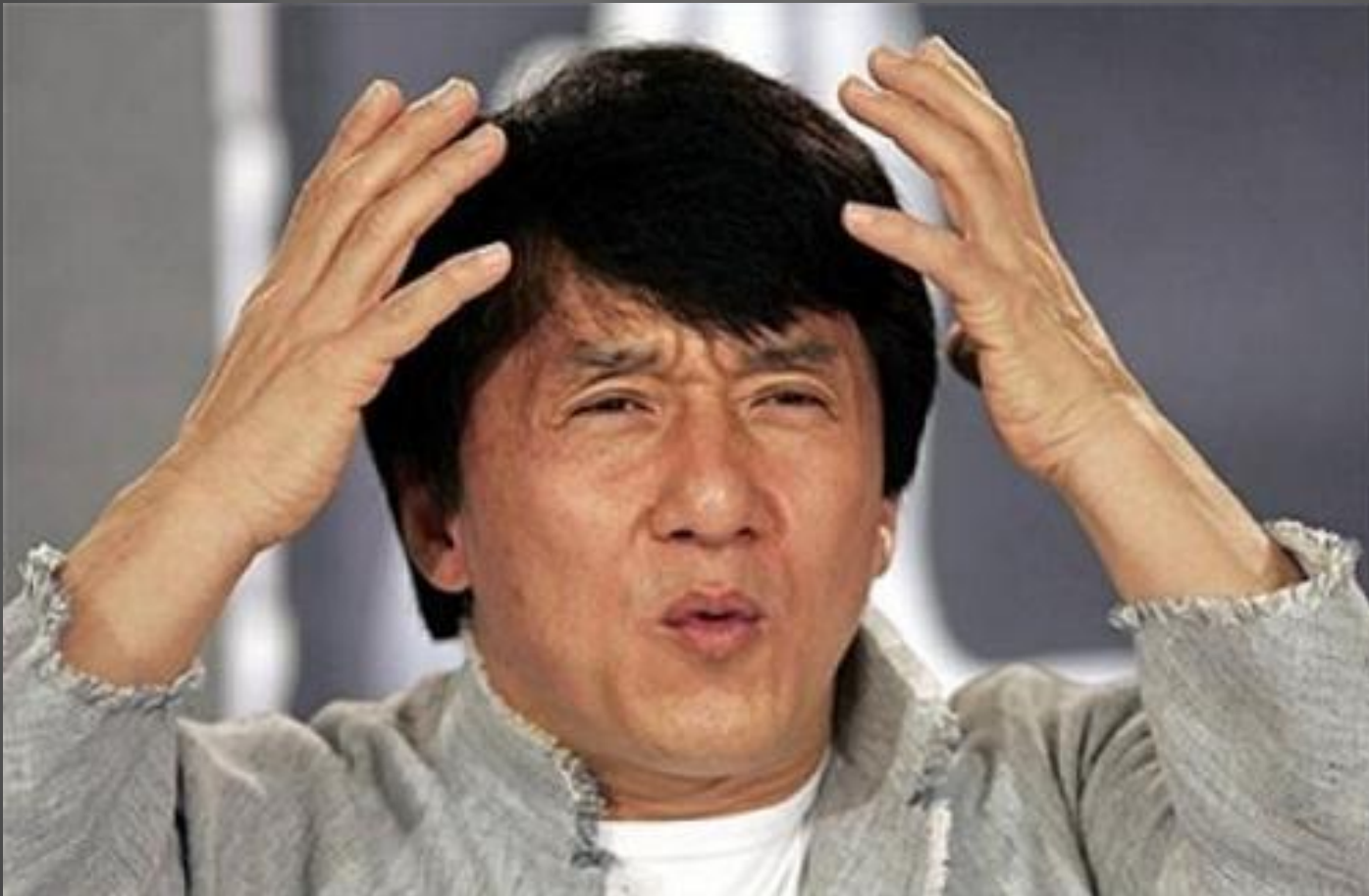
Top 10 biomarkers:

- 1. Muscle mass**
2. Muscle strength
3. Basal metabolic rate
4. Body fat percentage
- 5. Aerobic capacity**
6. Blood sugar tolerance
7. Cholesterol/HDL ratio
8. Blood pressure
9. Bone Density
10. Ability to regulate internal temperature

# CASE STUDY: CATALINA



# NUMBER 3: FAT LOSS RESISTANCE IS REAL!



# DO YOU HAVE A DAMAGED METABOLISM?



**Metabolism**

**Good thing I have it**

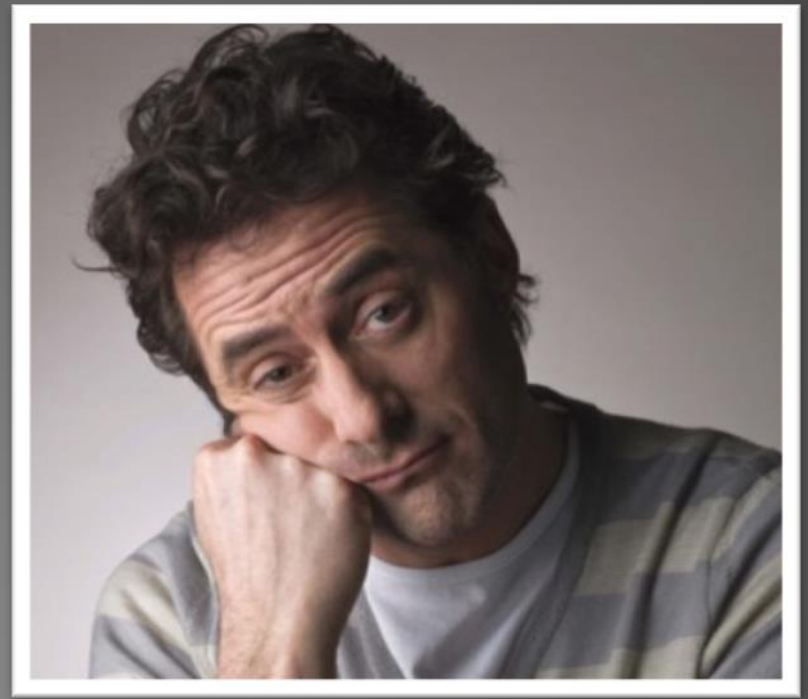
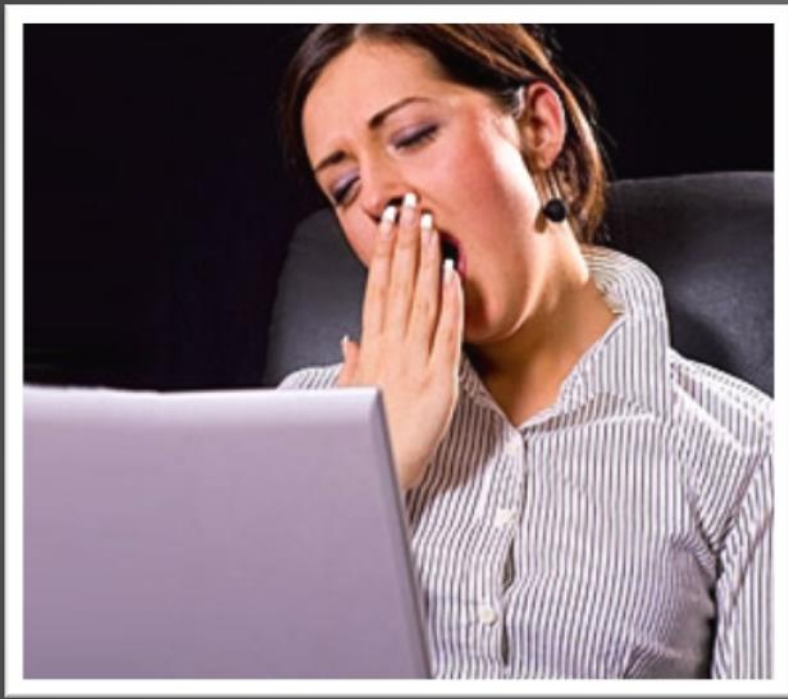
memesmaker.net

good thing I have it

DO YOU HAVE: COLD HANDS AND FEET?



# DO YOU HAVE: CONSTANT FATIGUE?



# DO YOU HAVE CONSTIPATION?



CONSTIPATION

next time, eat your vegetables!



# DO YOU HAVE A HISTORY OF YO-YO DIETING?



DO YOU HAVE SUGAR CRAVINGS?



DO YOU HAVE SALT CRAVINGS?



# DO YOU HAVE PROBLEMS SLEEPING?

**At night,  
I can't sleep.  
In the morning,  
I can't wake up.**



# Are You Under Stress?



# Are You Under Stress?



DO YOU HAVE FEELINGS OF  
HOPELESSNESS?



DO YOU HAVE LOSS OF LIBIDO?





# What's Your Score?

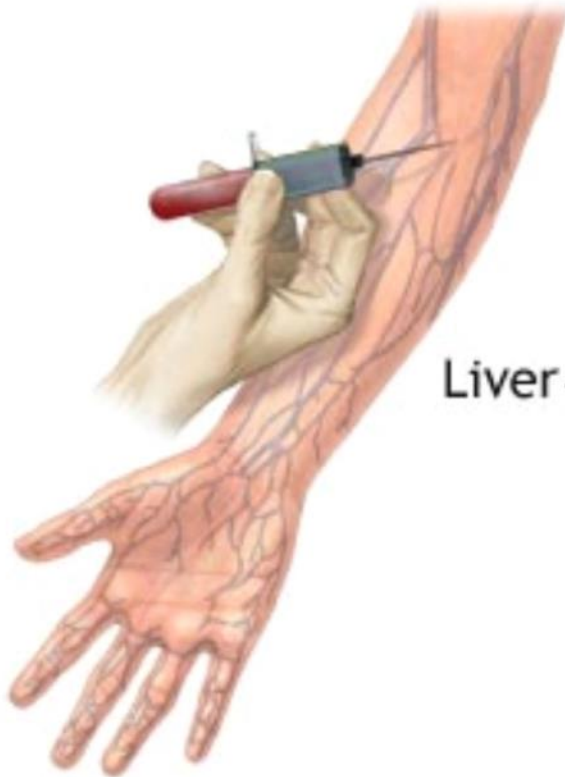


# The 8 Hidden Reasons Why You Can't Lose Weight

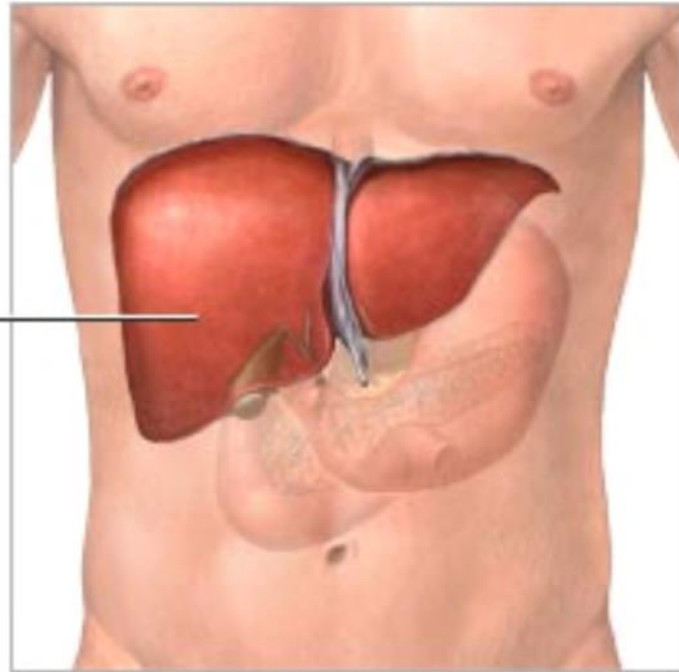
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# Improper Liver Function

Blood sample taken

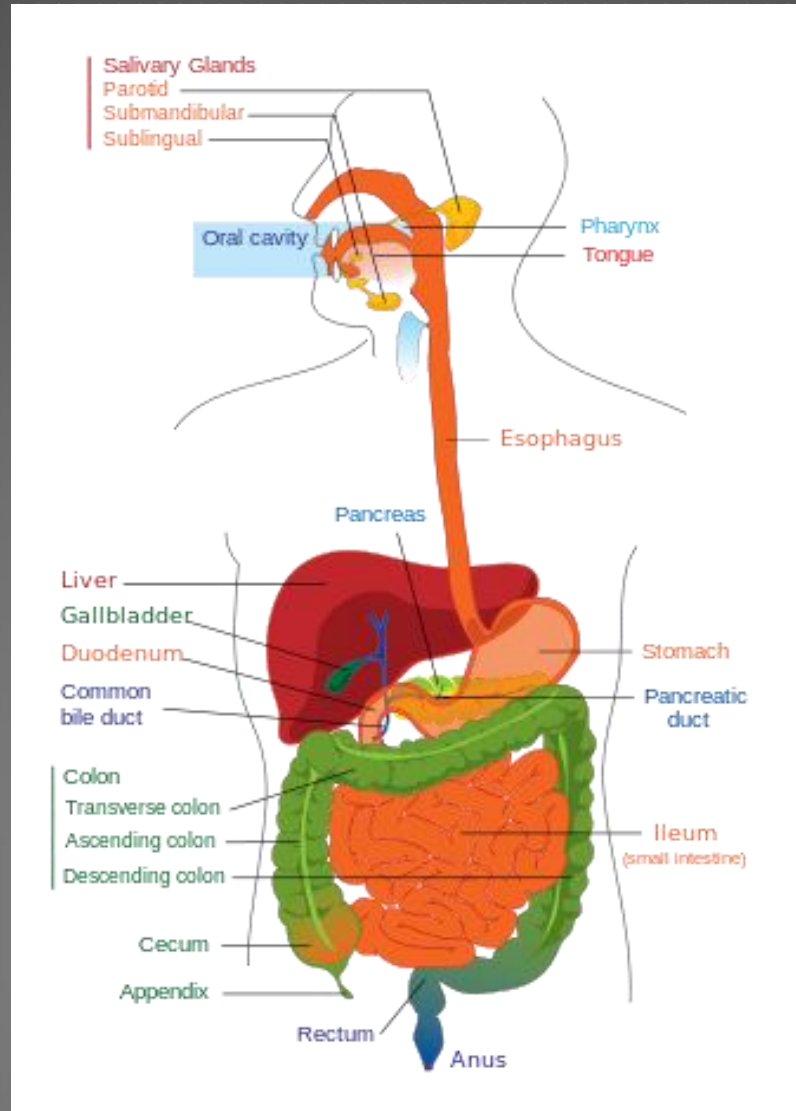


Liver



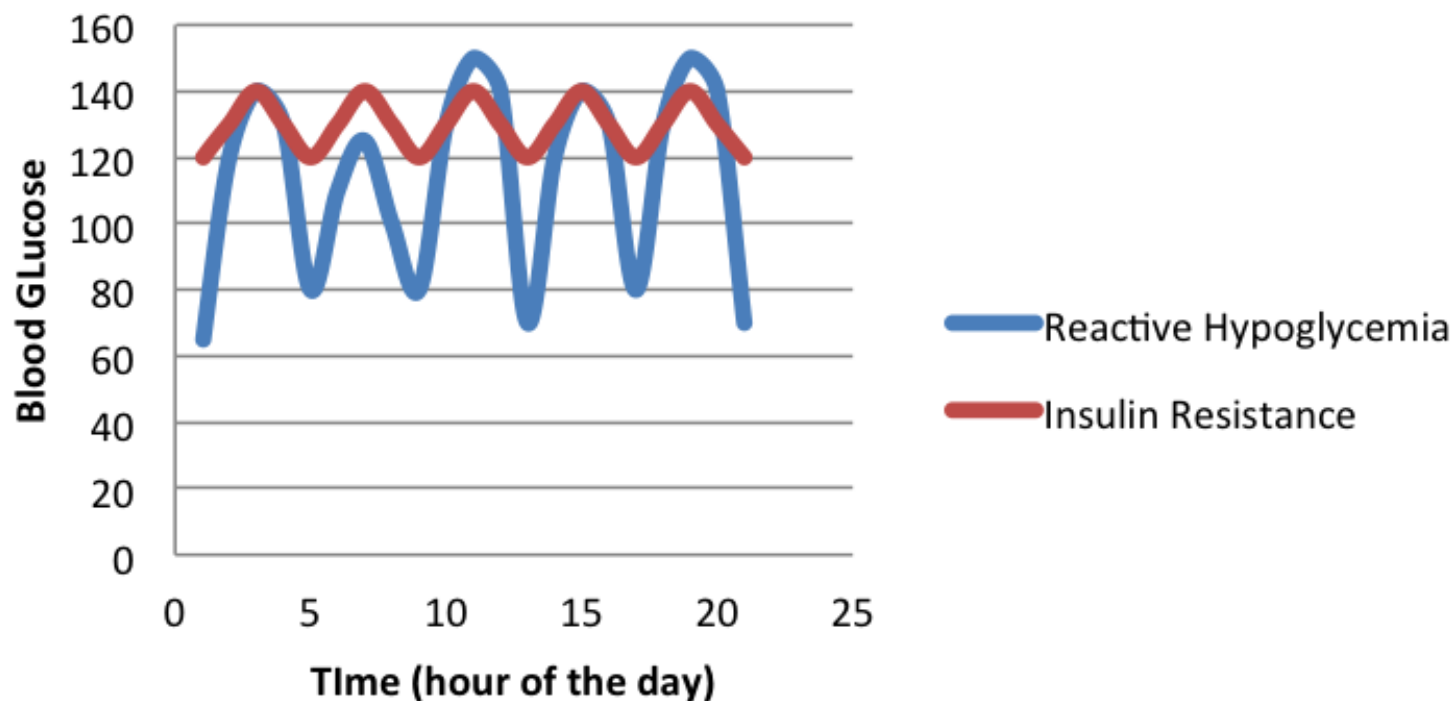
# 2

## Poor Digestive Health



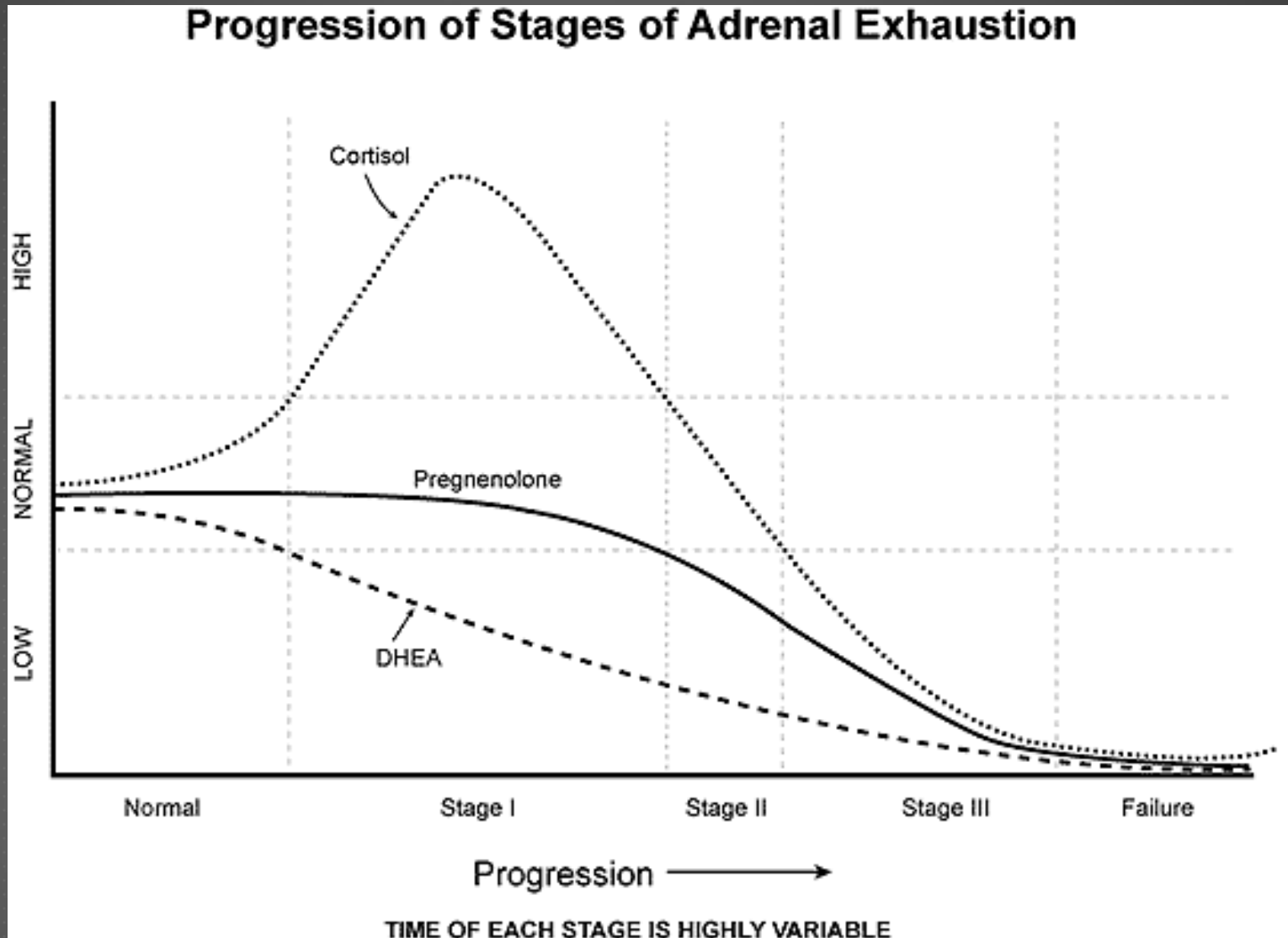
# Blood Sugar Imbalances

## Example of a Typical Day



## 4

# Adrenal Fatigue



5

# Toxicity



6

# Hormonal Imbalances



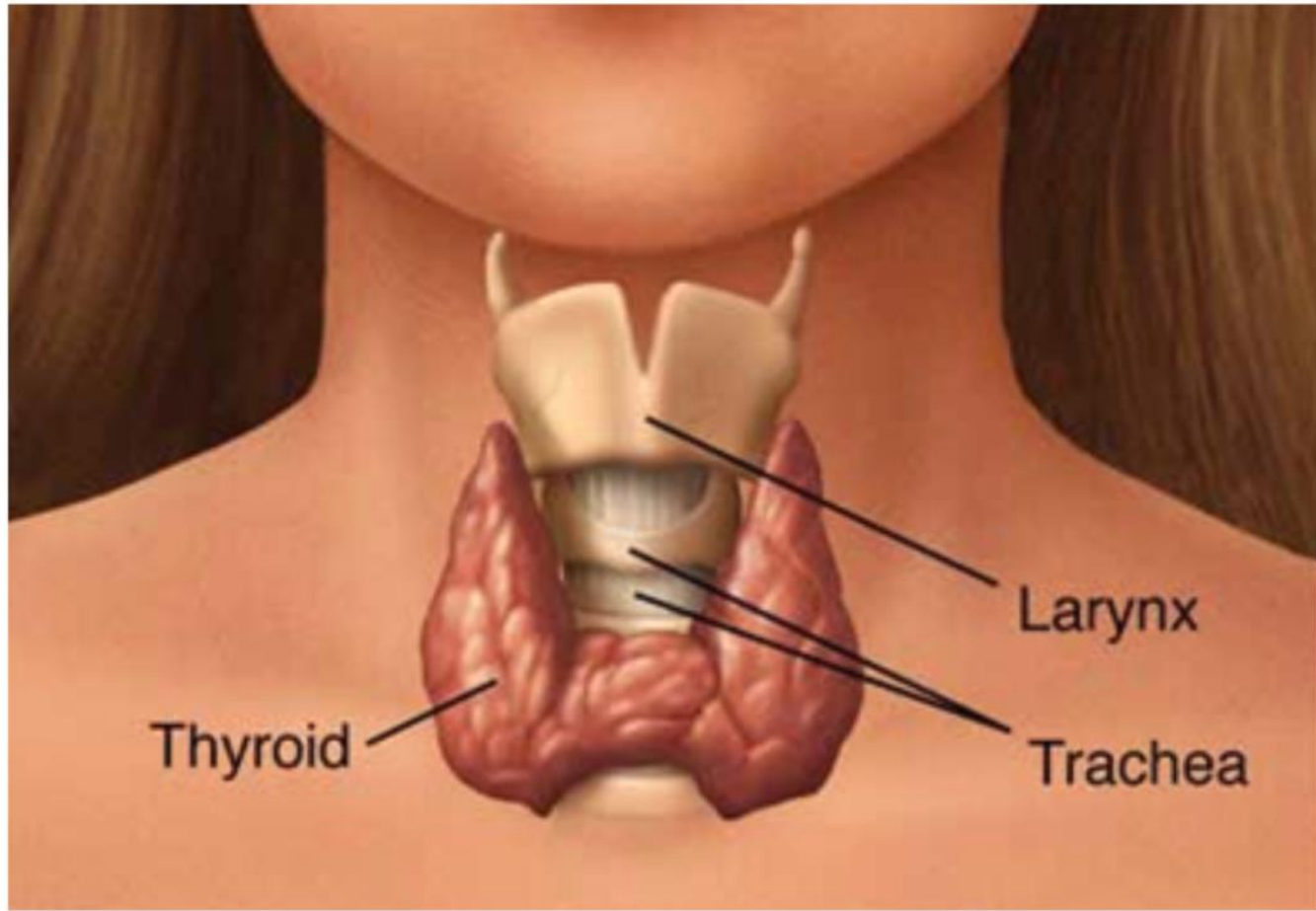


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# Imbalanced Brain Chemistry



# Slow Thyroid

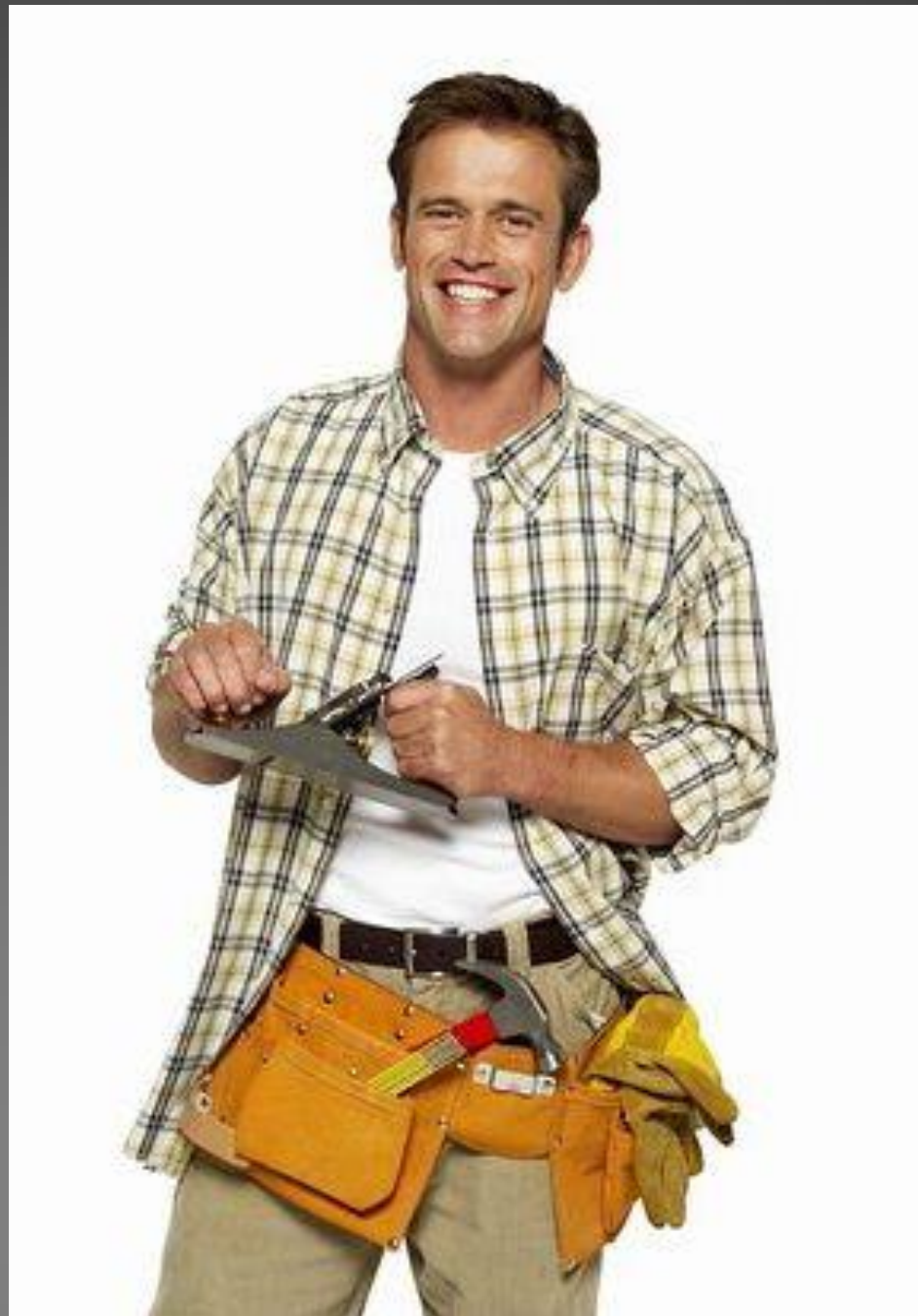




## Step 1

Figure Out if You Have Fat Loss Resistance

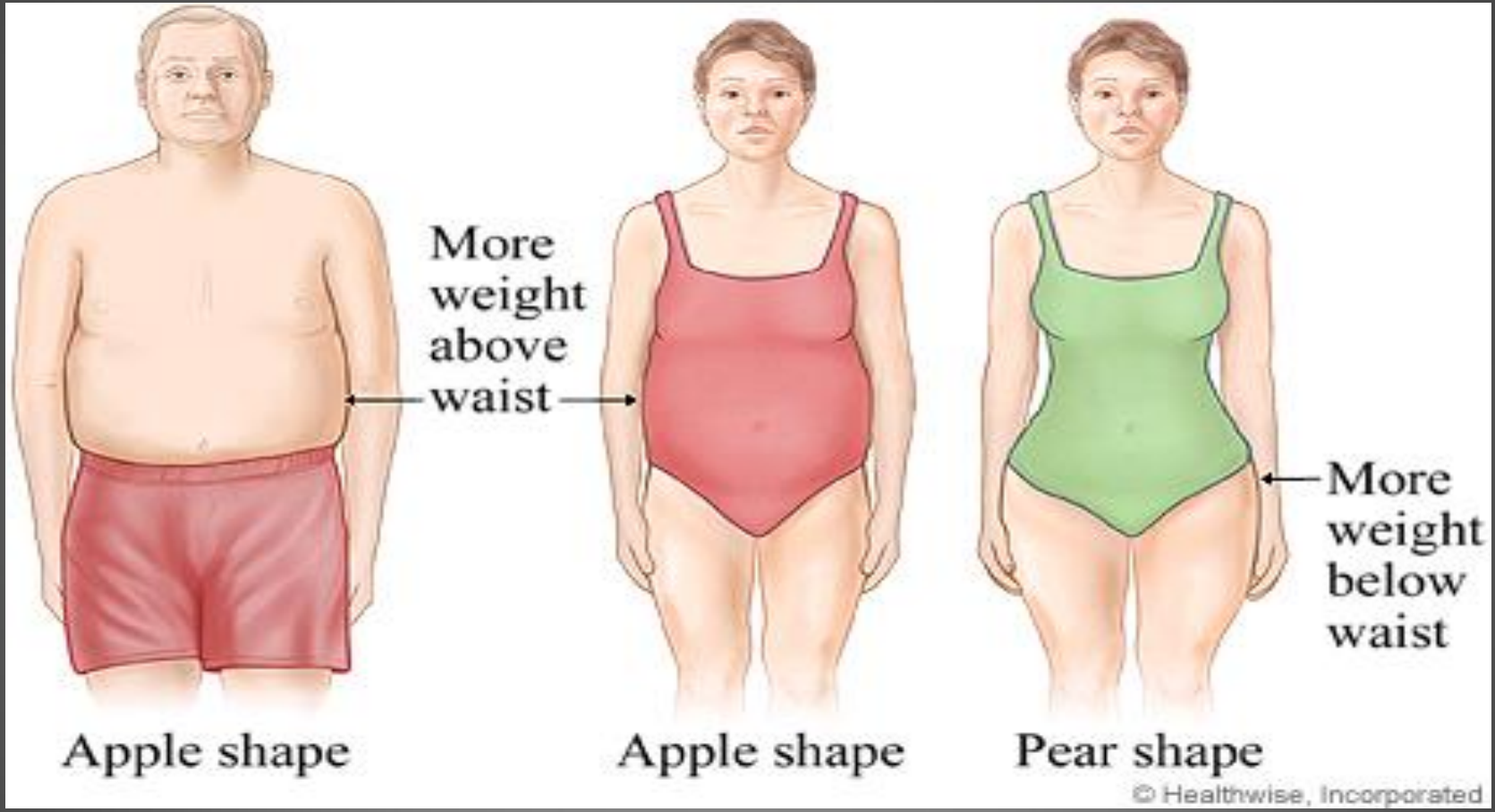
**STEP 2:**  
**FIX IT!**

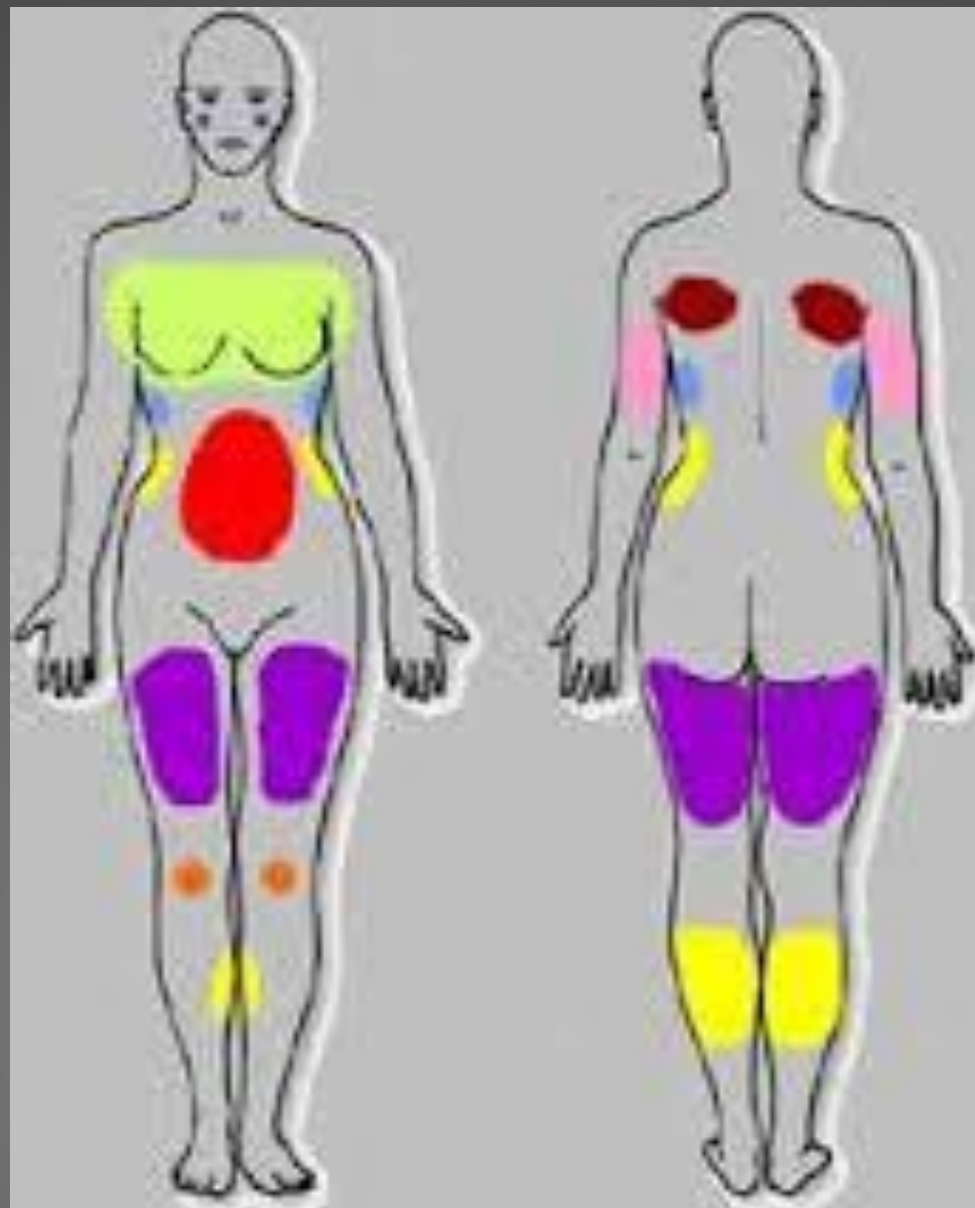


# Questions?



# NUMBER 4: BIOSIGNATURE





# CASE STUDY: CLIFF





# CASE STUDY: CLIFF



# CASE STUDY: CLIFF

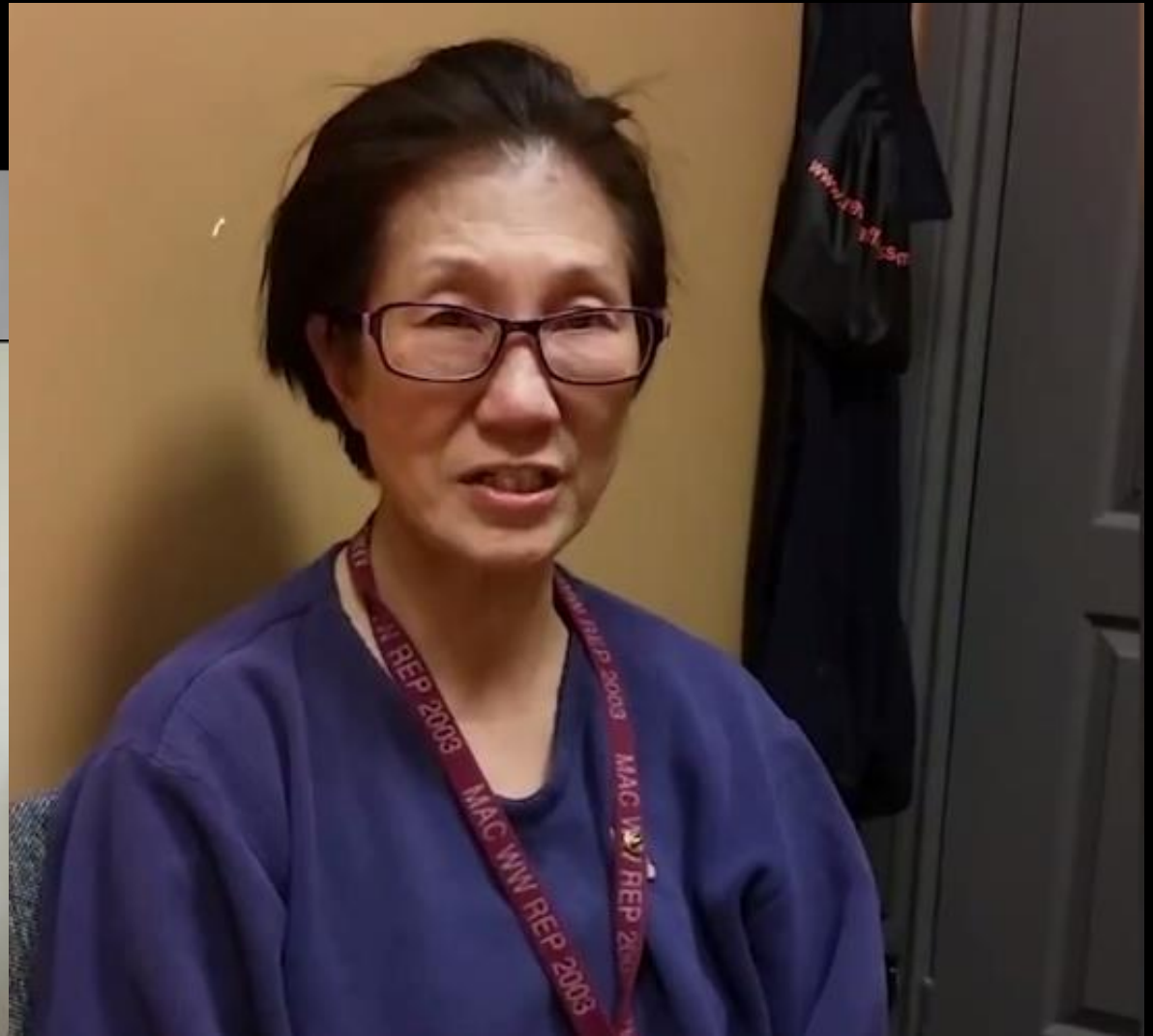


# CASE STUDY: CLIFF



# CASE STUDY: Lynn





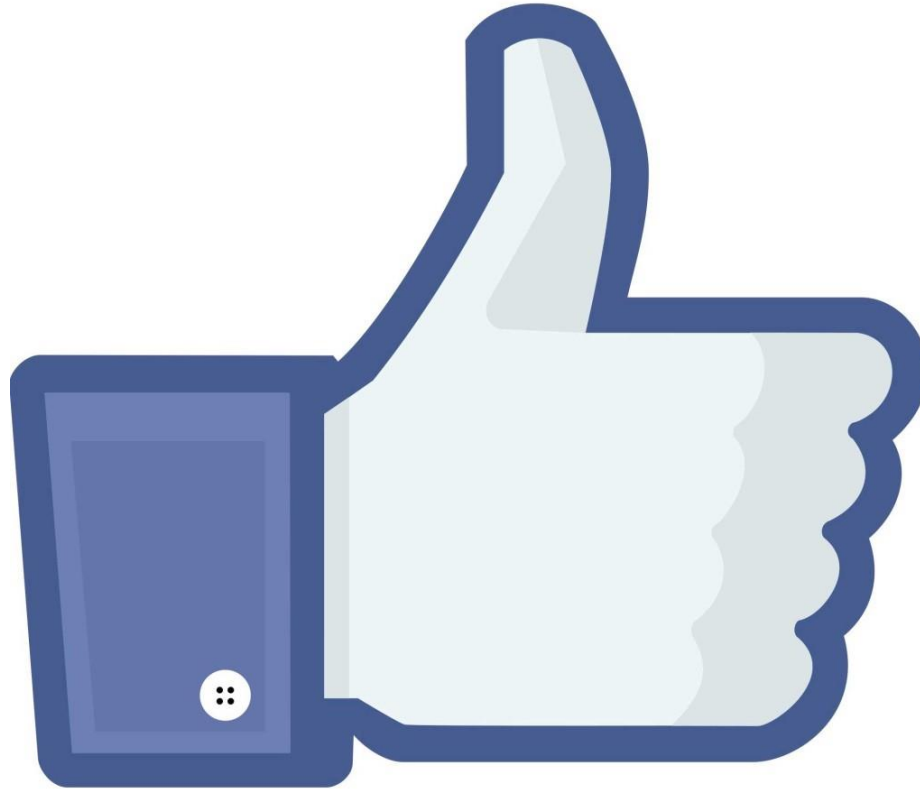
Victor Lyn 2.mp4



**Did You Learn  
Something?**

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Was This Beneficial?






**Think This  
Will Improve  
Yours, or Your  
Loved One's  
Health?**



# THE FITNESS SOLUTIONS PLUS

## At-Home Body Transformation Program

- ✓ Online
  - ✓ Initial assessment
  - ✓ Personalized exercise program
  - ✓ Individualized nutritional guidance
  - ✓ Targeted supplementation
  - ✓ Ongoing support and accountability
- 

# The ***Fitness Solutions+*** Guarantee



Follow our program (exercise and nutrition). If after 60 days, you don't get results. You get your money back.





**KEEP  
NOT SO CALM  
ONLY  
6 SPOTS  
LEFT**

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Book the call in the next 10 minutes, get ALL of Igor's recorded seminars FREE (\$120 value)

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3. Healthy food that poisons: why you're getting sicker and fatter despite eating healthier
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5. How to change your mind to change your body
6. How to get a flat stomach, round butt, and lose weight

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