

Ice Exercises

Okay, jumping jacks! 3 sets of 40!

Bring back any memories for you? A flashback or two?

When you are involved in an exercise program, one of the most important things to remember is simply this: *repetition is the mother of skill.*

Starting on 12-14-09, and every other Monday, you will have your new "word fitness" program in the [Ice Exercises](#) section.

I enjoy breaking concepts down to their *lowest common denominators*, the basic fundamentals, so I can focus on learning them exceptionally well. It is the basics that keep us grounded in our growth; the necessary growth we need in learning a new concept.

To become a great marathon runner, there are many miles logged to build endurance. Think of the thousands of laps a top level swimmer must cover to capture Olympic gold or a world championship. How about the wind sprints and blocking and tackling drills football players at any level, go through?

Anyone who has followed a regimen knows the importance of exercising.

So, here in [The RTI Community](#), we have some exercises for you to utilize; so you can see the improvements in your communication, the enhanced results in achieving your goals, and your smile as you articulate your message more effectively on a daily basis.

Here is a short video to introduce [Ice Exercises](#)

Enjoy your linguistically paradigm shifting workouts!

Your desired results and empoweringly articulated messages will appreciate your full participation in these workouts!

[Have Fun!](#)

[Bob Nicoll](#)

Recent articles [Find 10 "\(K\)notty Word" Messages.....](#) Sep 6, 2010 *"(K)notty Words"* surround us.

They are on road signs, television commercials, in magazine ads and text books. [The Platinum Rule](#)

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Exclusive Content for **BNI** Members/Directors. [\(K\)notty Words.com](#) Aug 23, 2010 Welcome to the basic

foundation of Remember the Ice. Eradicating *"(K)notty Words"* [Working the Networking Mixer](#) Aug 16,

2010 Here are some guidelines to follow for your next mixer. [Finished Files](#) Aug 9, 2010 In 1988 Dr.

W. Edwards Deming produced a major paper on Quality Management. It is entitled Deming's 14 Points for

Management. In the text on page 13, he has a simple exercise in awareness. Find out what it is in this [Ice](#)

[Exercise](#). [Ice Chip #5](#) Aug 2, 2010 [Ice Chip](#) #5 from February 2009 talks about the subtle difference of word choice for a popular phrase in **BNI**.

Exclusive content for **BNI** Members/Directors. [Follow up on the Anniversary Questions](#) Jul 26, 2010 In

the special [Ice Exercise](#) - Anniversary Edition, there were some thought provoking questions. Let's follow up

on those. [Happy Birthday to Remember the Ice!](#) Jul 23, 2010 July 23, 1991 I stopped by the

convenience store across the street from my apartment in Phoenix, AZ. It was 10:07AM and little did I know

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overcoming *"(K)notty word"* choice. Have fun!!

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