

#IGGYFIT Twitter Chat from 19 February 2013 (for FITBLOGGIN Keynote)

featuring: @bodhi\_bear (Kia), @RoniNoone (Roni), and @tcabeen (Terry)

From User	Tweet	Time (EST)
bodhi_bear	#IggyFit Twitter Chat tonight 9 PM EST - let's talk Ignite Fitness for the @Fitbloggin keynote with @igniteDenver @tcabeen #FitFluential	21:25
RoniNoone	RT @bodhi_bear: #IggyFit Twitter Chat tonight 9 PM EST -Talking Ignite Fitness 4 @Fitbloggin keynote w/ @igniteDenver @tcabeen #FitFluential	21:26
fitbloggin	RT @bodhi_bear: #IggyFit Twitter Chat tonight 9 PM EST -Talking Ignite Fitness 4 @Fitbloggin keynote w/ @igniteDenver @tcabeen #FitFluential	21:26
ignitedenver	RT @bodhi_bear: #IggyFit Twitter Chat tonight 9 PM EST - let's talk Ignite Fitness for the @Fitbloggin keynote with @igniteDenver @tcabeen #FitFluential	21:26
bodhi_bear	Tonight's #IggyFit chat for @Fitbloggin is great place to brainstorm about a talk to earn a comped #Fitbloggin pass for June in Portland, OR	21:26
fitbloggin	RT @bodhi_bear: Tonight's #IggyFit chat for @Fitbloggin is great place to brainstorm about a talk to earn a comped #Fitbloggin pass	21:38
RoniNoone	RT @bodhi_bear: Tonight's #IggyFit chat for @Fitbloggin is great place to brainstorm about a talk to earn a comped #Fitbloggin pass	21:38
ignitedenver	The awesome @bodhi_bear was our ID12 photographer and organizes Ignite Fitness. Join us at #IggyFit at 7pm for an informative chat!	21:45
tcabeen	RT @bodhi_bear: #IggyFit Twitter Chat tonight 9 PM EST - let's talk Ignite Fitness for the @Fitbloggin keynote with @igniteDenver @tcabeen #FitFluential	21:45
tcabeen	RT @ignitedenver: The awesome @bodhi_bear was our ID12 photographer and organizes Ignite Fitness. Join us at #IggyFit at 7pm for an informative chat!	21:45
bodhi_bear	Ignite Fitness chat in 30 min! For @Fitbloggin friends re: igniting each other earning conference passes <a href="http://t.co/MffmAsfq">http://t.co/MffmAsfq</a> #IggyFit	22:27
bodhi_bear	10 minutes until our chat to discuss Ignite Fitness and how you can apply to speak for a full conf. pass <a href="http://t.co/MffmAsfq">http://t.co/MffmAsfq</a> #IggyFit	22:50
bodhi_bear	RT @GrowSoulBeauty: Want to win a FREE ticket to #fitbloggin? Be an Ignite speaker - Twitter chat tonight! <a href="http://t.co/jAqURwux">http://t.co/jAqURwux</a> #IggyFit	22:51
bodhi_bear	Calling all #FitFluential #SweatPink #Fitblog #FitStudio #Yogadork #RunChat #PaleoChat ACTIVE @Fitbloggin fans for chat in 10 min #IggyFit	22:53
WorkoutNirvana	RT @fitbloggin: The time has come! <a href="http://t.co/djC22Cdj">http://t.co/djC22Cdj</a> Apply to speak at the #FitBloggin Keynote event #iggyfit	22:54
RoniNoone	RT @WorkoutNirvana: RT @fitbloggin: The time has come! <a href="http://t.co/djC22Cdj">http://t.co/djC22Cdj</a> Apply to speak at the #FitBloggin Keynote event #iggyfit	23:02
fitbloggin	RT @WorkoutNirvana: RT @fitbloggin: The time has come! <a href="http://t.co/djC22Cdj">http://t.co/djC22Cdj</a> Apply to speak at the #FitBloggin Keynote event #iggyfit	23:02
bodhi_bear	To participate in tonight's Ignite Fitness chat use this tweetgrid form <a href="http://t.co/MffmAsfq">http://t.co/MffmAsfq</a> and get busy in the discussion #IggyFit	23:03
fitbloggin	RT @bodhi_bear: Calling all #FitFluential #SweatPink #Fitblog #FitStudio #Yogadork #RunChat #PaleoChat @Fitbloggin fans for chat #IggyFit	23:03
RoniNoone	RT @bodhi_bear: Calling all #FitFluential #SweatPink #Fitblog #FitStudio #Yogadork #RunChat #PaleoChat @Fitbloggin fans for chat #IggyFit	23:03
bodhi_bear	We will be sure to capture a transcript of this chat to help folks out because Ignite applications are accepted NOW thru March 14th #IggyFit	23:03
bodhi_bear	Please welcome #Fitbloggin organizer @RoniNoone and @IgniteDenver organizer @tcabeen #IggyFit	23:04
WorkoutNirvana	@bodhi_bear Sounds great! So excited to learn more :) #iggyfit	23:04
RoniNoone	Hi Guys! :) RT @bodhi_bear: Please welcome #Fitbloggin organizer @RoniNoone and @IgniteDenver organizer @tcabeen #IggyFit	23:05
bodhi_bear	Good to see ya here! Are you already speaking @Fitbloggin? I thought I saw your name on the Who's attending page. #IggyFit	21:00
HealthyJasmine	@RoniNoone @bodhi_bear @ignitedenver @tcabeen I'm here! #iggyFit	23:05
bodhi_bear	@fatwmnonthemtn Yay! Glad to see ya here!! Are you thinking of submitting a spark topic? #IggyFit	23:06
WorkoutNirvana	@bodhi_bear Nope but I would love the opportunity :) #iggyfit	23:06
bodhi_bear	Hiya lady!!! You are having a great year. Are you thinking of coming out to Portland? #IggyFit	23:06

bodhi_bear	Tonight's chat is meant to maximize your opportunity to speak at Ignite Fitness (and earn a conference pass) <a href="http://t.co/wrQR31rv">http://t.co/wrQR31rv</a> #IggyFit	23:07
HealthyJasmine	I would LOVE to come out to Portland, I've never been there and love travelin to new places! #IggyFit	23:07
ignitedenver	#IggyFit Good evening, Ignite and #FitBloggin folks alike! Much love from the mile high.	23:08
WorkoutNirvana	RT @bodhi_bear: Tonight's chat is meant to maximize your opportunity to speak at Ignite Fitness (earn a pass) <a href="http://t.co/ZgsYb9fo">http://t.co/ZgsYb9fo</a> #iggyfit	23:08
tcabeen	#IggyFit Hello #FitBloggin and Ignite fans the world over!	23:08
bodhi_bear	Q1. Let's begin with a friendly introduction of who you are, your blog and if you have ever been to an Ignite before. #IggyFit	23:08
bodhi_bear	@fatwmnonthemtn I love that topic. You know when we get to the core of our health/fitness/wellness so much is about healing #IggyFit	23:09
WorkoutNirvana	Hey there, I'm Suzanne at <a href="http://t.co/6sLojEWr">http://t.co/6sLojEWr</a> . I saw @bodhi_bear speak at Ignite at the Fitness & Health Bloggers Conf in '11 #iggyfit	23:10
RoniNoone	@fatwmnonthemtn That sounds like a great idea! #fitbloggin #iggyfit @bodhi_bear	23:10
HealthyJasmine	Q1: I blog at <a href="http://t.co/fgvUTfaJ">http://t.co/fgvUTfaJ</a> BS in Exercise Sci, MPH in Maternal/Infant health, Certified trainer/GFI & nvr been to Ignite #IggyFit	23:11
fatwmnonthemtn	@bodhi_bear Thanks. Healing is my focus this year so it would be a terrific topic for me to explore to create sparks for others #iggyfit	23:12
bodhi_bear	.@RoniNoone - Why Ignite Fitness for the @Fitbloggin conference keynote? #IggyFit	23:13
bodhi_bear	@JamnTri and @fatwmnonthemtn try to use the hashtag so other chat folks can see ya please #IggyFit	23:13
bodhi_bear	@JamnTri And please ask away if there are specific questions you have #IggyFit	23:14
fitbloggin	#FitBloggin is about community.We all have a story 2 tell & knowledge 2 share. #iggyfit allows us 2 learn from & inspire each other.	23:14
RoniNoone	#FitBloggin is about community.We all have a story 2 tell & knowledge 2 share. #iggyfit allows us 2 learn from & inspire each other.	23:14
300lbsandrinnin	RT @fitbloggin: #FitBloggin is about community.We all have a story 2 tell & knowledge 2 share. #iggyfit allows us 2 learn from & inspire each other.	23:15
IrishEyes1982	RT @fitbloggin: #FitBloggin is about community.We all have a story 2 tell & knowledge 2 share. #iggyfit allows us 2 learn from & inspire each other.	23:15
HealthyJasmine	RT @RoniNoone: #FitBloggin is about community.We all have a story 2 tell & knowledge 2 share. #iggyfit allows us 2 learn from & inspire each other.	23:15
JamnTri	@bodhi_bear Sure thing. I am also a blogger and triathlete. I would like to speak to everyone's Warrior Within. #iggyfit	23:15
HealthyJasmine	@RoniNoone that is very cool, I love that! #IggyFit	23:15
300lbsandrinnin	@fitbloggin pick me pick me for #iggyfit lol	23:15
tcabeen	RT @RoniNoone: #FitBloggin is about community.We all have a story 2 tell & knowledge 2 share. #iggyfit allows us 2 learn from & inspire each other.	23:15
bodhi_bear	For those that want a dose of what #IggyFit was like from last year check out the talks here <a href="http://t.co/cxp9IIV9">http://t.co/cxp9IIV9</a>	23:16
fatwmnonthemtn	@RoniNoone How many people applied for the #iggyfit spots last year?	23:16
bodhi_bear	Q2. Have you thought about what to submit a spark for? Organizers, what makes for a great topic? #IggyFit	23:16
WorkoutNirvana	Ignite made an impact on me - it's people with a passion speaking up! #fitbloggin #iggyfit	23:16
fitbloggin	I think it was about 30 RT @fatwmnonthemtn: @RoniNoone How many people applied for the #iggyfit spots last year?	23:17
RoniNoone	I think it was about 30 RT @fatwmnonthemtn: @RoniNoone How many people applied for the #iggyfit spots last year?	23:17
RoniNoone	RT @WorkoutNirvana: Ignite made an impact on me - it's people with a passion speaking up! #fitbloggin #iggyfit	23:17
fitbloggin	RT @WorkoutNirvana: Ignite made an impact on me - it's people with a passion speaking up! #fitbloggin #iggyfit	23:17
bodhi_bear	RT @WorkoutNirvana: Ignite made an impact on me - it's people with a passion speaking up! #fitbloggin #IggyFit	23:17

WorkoutNirvana	@bodhi_bear What's the difference between Spark and Ignite? #iggyfit	23:17
bodhi_bear	I think it was around 30 too RT @fatwmnonthemtn: @RoniNoone How many people applied for the #iggyfit spots last year? #IggyFit	23:17
tcabeen	#IggyFit A1: Terry, here. I help organize #IgniteDenver and have spoken @ Ignite. Love the concept & community. blog: <a href="http://t.co/aVP4Cevz">http://t.co/aVP4Cevz</a>	23:18
bodhi_bear	The most viewed spark from last year was Janet Oberholtzer (@janetober) Living Well After Being Hit by Five Trucks <a href="http://t.co/5unbq4nl">http://t.co/5unbq4nl</a> #IggyFit	23:18
tcabeen	RT @bodhi_bear: For those that want a dose of what #IggyFit was like from last year check out the talks here <a href="http://t.co/cxp9IIV9">http://t.co/cxp9IIV9</a>	23:18
Amy__Runner	I want in. @fitbloggin: I think it was about 30 RT @fatwmnonthemtn: @RoniNoone How many people applied for the #iggyfit spots last year?	23:18
bodhi_bear	Ignite is overall program, spark is individual talk RT @WorkoutNirvana: @bodhi_bear What's the difference between Spark and Ignite? #IggyFit	23:18
HealthyJasmine	Q2: I am thinking abt talking abt the role of the psoas muscle, how it is our true core & its inner healing #IggyFit	23:19
bodhi_bear	The idea of Ignite is that our collective sparks Ignite the audience, our communities to be better, to learn, to laugh, to grow #IggyFit	23:19
bodhi_bear	@Amy__Runner yeah, that is what I like to see! #IggyFit	23:20
WorkoutNirvana	@HealthyJasmine This is an amazing topic. Saw it on @LisaJohnson FB page the other day. #fitbloggin #iggyfit	23:20
fatwmnonthemtn	@RoniNoone is there a no spilling soda all over the carpet rule for this year's #iggyfit? :-)	23:20
JamnTri	@bodhi_bear How does the voting work for the first 7 spots? #iggyfit	23:21
bodhi_bear	2012's most viewed spark was @janetober Living Well After Being Hit by 5 Trucks <a href="http://t.co/5unbq4nl">http://t.co/5unbq4nl</a> #inspiring #IggyFit	23:21
eatteachblog	Oops, I was wondering why no one was talking. I was on #fitbloggin chat and not #iggyfit	23:21
RoniNoone	lol We do allow props. RT @fatwmnonthemtn: @RoniNoone is there a no spilling soda all over the carpet rule for this year's #iggyfit? :-)	23:21
bodhi_bear	HA!! and YES!!! RT @fatwmnonthemtn: @RoniNoone is there a no spilling soda all over the carpet rule for this year's #iggyfit? :-) #IggyFit	23:21
tcabeen	#IggyFit Speaking at Ignite is the perfect combination of supportive audience, engaged planning, and inclusive concept. Win/Win/Win	23:21
bodhi_bear	You are voted in by peers ranking submissions by interest RT @JamnTri: @bodhi_bear How does the voting work for the first 7 spots? #IggyFit	23:22
HealthyJasmine	@WorkoutNirvana oh interesting! I've been studying it since 2009, have expanded my talk & even more! #IggyFit	23:22
RenewedFitness	I'm joining the #iggyfit chat so I can learn more about Ignite at @fitbloggin!	23:22
RoniNoone	@Got2Run4Me LMAO @fatwmnonthemtn #iggyfit #FitBloggin	23:23
KandidlyKim	I'm so excited to learn about #iggyfit for the #fitbloggin conference. I am working on an idea, but am unsure of how it would be received	23:23
WorkoutNirvana	@bodhi_bear @JamnTri Why only the first 7 spots? #iggyfit	23:23
RenewedFitness	@bodhi_bear @JanetOber I watched that one and was so inspired by her! #iggyfit	23:23
bodhi_bear	Q3. Do you have a strategy to attract votes from your peers? Organizers, any tips for solid spark submissions? #IggyFit	23:23
RoniNoone	Please SHare! RT @KandidlyKim: #iggyfit #fitbloggin I am working on an idea, but am unsure of how it would be received	23:23
ignitedenver	RT @tcabeen: #IggyFit Speaking at Ignite is the perfect combination of supportive audience, engaged planning, and inclusive concept. Win/Win/Win	23:24
bodhi_bear	RT Too help round out for the best program possible @WorkoutNirvana: @bodhi_bear @JamnTri Why only the first 7 spots? #iggyfit #IggyFit	23:24
WorkoutNirvana	@bodhi_bear Q3 I'm going to study what's been successful in the past... otherwise I need to learn how to do this! #iggyfit	23:25
bodhi_bear	For those unaware - going into intermission last year the uber-naughty @JackSht soiled the carpet ;) <a href="http://t.co/r08exVOF">http://t.co/r08exVOF</a> #IggyFit	23:26
KandidlyKim	@RoniNoone I'm trying to come up with a concept about "how to build your fitness blogger resume" #iggyfit #fitbloggin	23:26
tcabeen	#IggyFit A3: Solid sparks have a title that makes you want to read the descrip and a descrip that makes you want to see the talk. Period.	23:26
HealthyJasmine	@bodhi_bear so you have to get votes to get into the first 7 spots? #IggyFit	23:26

bodhi_bear	The best thing to know to be successful when submitting a spark is to be YOU! We all have stories to tell. #IggyFit	23:26
KandidlyKim	@RoniNoone I work as a career counselor ft, and blog...so I wanted to integrate the 2 and tell a story #iggyfit #fitbloggin	23:27
HealthyJasmine	RT @tcabeen: #IggyFit A3: Solid sparks have a title that makes you want to read the descrip and a descrip that makes you want to see the talk. Period.	23:27
bodhi_bear	Here is Scott Berkun on how and why to do an Ignite Talk <a href="http://t.co/vQ5zGMM3">http://t.co/vQ5zGMM3</a> emphasizing the realness and in each of us #IggyFit	23:27
RoniNoone	@bodhi_bear thoughts? RT @KandidlyKim: @RoniNoone I'm trying 2 come up w/ a concept about "how 2 build your fitness blogger resume" #iggyfit	23:27
bodhi_bear	@HealthyJasmine Yes, but not pander for votes if you don't want to. People will gauge interests on all to make it collective #IggyFit	23:28
tcabeen	#IggyFit A3: Capture people's imagination and/or engage their curiosity. Same way that good movie trailers work, basically. :)	23:28
WorkoutNirvana	@HealthyJasmine @bodhi_bear Yes... a little confused. The first 7 are voted in, and the rest....? #fitbloggin #iggyfit	23:28
RenewedFitness	RT @tcabeen: #IggyFit A3: Solid sparks have a title that makes you want to read the descrip and a descrip that makes you want to see the talk. Period.	23:28
tcabeen	RT @bodhi_bear: The best thing to know to be successful when submitting a spark is to be YOU! We all have stories to tell. #IggyFit	23:28
bodhi_bear	The votes thing... grrr. I know it can be nerve-wracking. People will get to gauge interests on all talks and we pick last 7 #IggyFit	23:28
RoniNoone	7 voted 7 are picked by organizers. RT @WorkoutNirvana: @HealthyJasmine @bodhi_bear Yes... a little confused. #fitbloggin #iggyfit	23:29
HealthyJasmine	@bodhi_bear ok, I am not a good politician to pander my votes. :) #IggyFit	23:29
bodhi_bear	I am not a fan of "gaming" for votes that happens often in social media, @RoniNoone and I strive for fairness for best program #IggyFit	23:29
RoniNoone	It allows us to combat favoritism and popularity. RT @WorkoutNirvana: @HealthyJasmine @bodhi_bear #fitbloggin #iggyfit	23:29
WorkoutNirvana	@JamnTri @bodhi_bear Same - I've done that kind of thing before, kind of fun! #iggyfit #fitbloggin	23:30
tcabeen	A lot of Ignites vote in 7 and hand-pick 7. This way the community is involved, but it isn't just a popularity contest. #IggyFit	23:30
RenewedFitness	I want to submit a spark but I'm trying to iron out what I'd say. I want to be sure it includes all those @tcabeen just said. #iggyfit	23:30
bodhi_bear	Really I am glad you all are asking about how to get selected because it can be bewildering when you put yourself "out there" #IggyFit	23:30
WorkoutNirvana	@RoniNoone I like that. I thought they were all voted in @bodhi_bear @HealthyJasmine #fitbloggin #iggyfit	23:31
bodhi_bear	Q4. Oh snap, what if you actually get picked... what then? Organizers, how do you prepare your speakers to present on stage? #IggyFit	23:31
tcabeen	@RenewedFitness Sharing your enthusiasm and your personality always wins. A little cheeky? Blunt? Either way, you engage people. #IggyFit	23:31
bodhi_bear	Oh and just so you know. I am the #IggyFit organizer but have spoken 4 times @IgniteDenver and 1 time @IgniteBoulder	23:32
HealthyJasmine	@bodhi_bear you areupfront and providing good info in how it works #IggyFit so I appreciate it	23:32
KandidlyKim	@bodhi_bear Yes! It's a bit nerve wracking to even ask about your ideas and if they are "good enough" #iggyfit #fitbloggin	23:32
bodhi_bear	Therefore, I have totally been in all of your shoes before! My first Ignite was in front of a sold-out 850 person crowd re: yoga #IggyFit	23:32
tcabeen	#IggyFit Personally, I have trouble with the content, so I steal ideas from @bodhi_bear and then pander for votes. It works often enough. ;)	23:33
WorkoutNirvana	Agreed! RT KandidlyKim @bodhi_bear It's a bit nerve wracking to even ask about your ideas and if they are "good enough" #fitbloggin #iggyfit	23:33
HealthyJasmine	oh good, do you want to be on my campaign trail? @tcabeen #IggyFit	23:34
WorkoutNirvana	@HealthyJasmine Well I for one would love to see the psoas topic! #iggyfit #fitbloggin	23:34
tcabeen	#IggyFit A4: Preparing the speakers is easy. Remind them that the audience supports them, build confidence, and draw out brilliance. Win.	23:34

bodhi_bear	Backstory... @tcabeen is my hubby and everyone of his talks has been one of my ideas. Don't be a @tcabeen, use your own ideas ;) #IggyFit	23:34
MizFitOnline	RT @bodhi_bear: For those that want a dose of what #IggyFit was like from last year check out the talks here <a href="http://t.co/cxp9IIV9">http://t.co/cxp9IIV9</a>	23:34
MizFitOnline	RT @RoniNoone: #FitBloggin is about community.We all have a story 2 tell & knowledge 2 share. #iggyfit allows us 2 learn from & inspire each other.	23:34
tcabeen	@HealthyJasmine If your topic is engaging enough and sparks my curiosity, I'm all in. ;) #IggyFit	23:35
bodhi_bear	The best thing about doing a talk at @Fitbloggin is it is such an amazing supportive community. You will be embraced @KandidlyKim #IggyFit	23:35
HealthyJasmine	@WorkoutNirvana It is such a fascinating muscle, empowering and healing #IggyFit I am in awe by it myself the digger I deep	23:35
KandidlyKim	@tcabeen BOOM! You make it sound so easy! :) #iggyfit #fitbloggin	23:35
WorkoutNirvana	@bodhi_bear LOL! I bet your "little one" is all over the place now too! @tcabeen #iggyfit	23:36
bodhi_bear	Q5. What are some of the coolest things you have learned from an Ignite event? (In person, livestream, or video) #IggyFit	23:36
HealthyJasmine	@tcabeen sounds like a deal #IggyFit :)	23:36
RoniNoone	@JamnTri Good question. We are actually looking for short and concise as your presentation will have to be as well. #iggyfit @bodhi_bear	23:36
bodhi_bear	@WorkoutNirvana He is and he will be @Fitbloggin this year with our new addition due next month :) #familyaffair #IggyFit	23:37
tcabeen	@KandidlyKim Everything is impossible until you do it a couple times. Once you've spoken, it's amazing how easy it was. Perspective #IggyFit	23:37
skinnyemmie	Yes! RT @workoutnirvana: Ignite made an impact on me - it's people with a passion speaking up! #fitbloggin #iggyfit	23:38
bodhi_bear	Some of my fave Ignite talks are simple ones that don't throw in the kitchen sink about a topic e.g. how to use cast iron cookware #IggyFit	23:38
WorkoutNirvana	@HealthyJasmine I'm very in touch with mine, lol. It gets very tight from weightlifting, sitting, etc. (and who knows what else?) #iggyfit	23:38
KandidlyKim	@bodhi_bear That's what I've heard about #fitbloggin. This will be my 1st big blog conference #iggyfit	23:38
tcabeen	#IggyFit A5: How to survive a fall from the sky, financial advice, the diff between east and west Pittsburgh accents, beached whale research	23:38
HealthyJasmine	@bodhi_bear @tcabeen well, well, I think that is cute! #IggyFit	23:39
WorkoutNirvana	@HealthyJasmine I baby my psoas. There, I said it ;) #iggyfit	23:39
BotInstagram	RT @fitbloggin: #FitBloggin is about community.We all have a story 2 tell & knowledge 2 share. #iggyfit allows us 2 learn from & inspire each other.	23:39
WorkoutNirvana	@bodhi_bear Incredible!!!! #iggyfit	23:39
bodhi_bear	@KandidlyKim I tell people that @Fitbloggin is different from other conferences because you can drop the pretense and go for the hug #IggyFit	23:40
HealthyJasmine	@WorkoutNirvana there is an emotional connection to tight psoas muscles #IggyFit	23:40
HealthyJasmine	@WorkoutNirvana ahh, didn't that feel good to get out? #IggyFit	23:41
bodhi_bear	Here is one of my fave recent @IgniteDenver talks re: teaching your kids about \$\$\$ <a href="http://t.co/YXJDttd">http://t.co/YXJDttd</a> #IggyFit	23:41
MizFitOnline	Indeed. it was amazing RT @workoutnirvana: Ignite made an impact on me - it's people with a passion speaking up! #fitbloggin #iggyfit	23:41
tcabeen	RT @bodhi_bear: Here is one of my fave recent @IgniteDenver talks re: teaching your kids about \$\$\$ <a href="http://t.co/YXJDttd">http://t.co/YXJDttd</a> #IggyFit	23:41
WorkoutNirvana	@HealthyJasmine So I hear! I'm in the midst of being a brand-new entrepreneur, so there you have it #stress #uncertainty #iggyfit	23:41
RenewedFitness	Now I'm really thinking about what I'm passionate about and how I can turn it into a spark. I'm nervous just thinking about it. #iggyfit	23:41
HealthyJasmine	@RenewedFitness fellow fellow Chicagoan! #IggyFit @fitbloggin	23:41
mandi411	RT @bodhi_bear: The best thing to know to be successful when submitting a spark is to be YOU! We all have stories to tell. #IggyFit	23:42
bodhi_bear	True dat, people can cry when released RT @HealthyJasmine: @WorkoutNirvana there is an emotional connection to tight psoas muscles #IggyFit	23:42

bodhi_bear	@RenewedFitness Being nervous is good. It pushes you and means you are trying. The @Fitbloggin audience appreciates that. #IggyFit	23:42
RenewedFitness	@healthyjasmine hi there! *waving* #FitBloggin #IggyFit	23:42
bodhi_bear	Q6. What should we avoid if we want to speak at an Ignite event? Any faux pas or legal issues to consider? #IggyFit	23:43
KandidlyKim	@RenewedFitness same here! But everyone reiterates how welcoming #fitbloggin is. We will be fine! :) #iggyfit	23:43
HealthyJasmine	@WorkoutNirvana I hear ya! #IggyFit it will come to you	23:44
bodhi_bear	Q6. You will walk away with an edited video to use for your promotional purposes. Give credit to all proprietary content you use. #IggyFit	23:44
tcabeen	#IggyFit A6: Don't use images you don't own. Credit your sources. Don't say things you can't back up. Also, no weapons?	23:45
RenewedFitness	I've been wanting to go to @fitbloggin since I first heard about it 3 years ago. I want to meet so many of the bloggers I admire. #iggyfit	23:45
WorkoutNirvana	Yes!!! RT @bodhi_bear: Q6. You will walk away with an edited video to use for your promotional purposes. #iggyfit	23:45
RenewedFitness	@bodhi_bear Ok, that's good to hear! #iggyfit	23:46
BadassFitCEO	@MizFitOnline @workoutnirvana I am excited for #iggyfit and my first #fitbloggin !!:) #fitfluentia #SweatPink	23:47
tcabeen	#IggyFit The exposure you can get & connections you make from speaking at Ignite is insane. The video is icing on the cake. #Truth	23:47
HealthyJasmine	RT @tcabeen: #IggyFit The exposure you can get & connections you make from speaking at Ignite is insane. The video is icing on the cake. #Truth	23:47
bodhi_bear	You will love that your sparks mean something to your community. 3 yrs after my yoga talk in Boulder people still comment about it. #IggyFit	23:47
RenewedFitness	RT @tcabeen: #IggyFit The exposure you can get & connections you make from speaking at Ignite is insane. The video is icing on the cake. #Truth	23:48
HealthyJasmine	@bodhi_bear that is amazing and powerful! #IggyFit	23:48
WorkoutNirvana	@BadassFitCEO @MizFitOnline Woot! It'll be my first #fitbloggin too :) #iggyfit	23:48
bodhi_bear	@BadassFitCEO I love to read that. You will have a blast. #IggyFit	23:48
KandidlyKim	Will you be available to bounce ideas off of after this chat @bodhi_bear? #IggyFit #fitbloggin	23:49
tcabeen	#IggyFit I actually have people tell me how meaningful one or another of @bodhi_bear's Ignite talks were. You bring yourself to the exp.	23:50
bodhi_bear	Q6. Also big FAUX PAS at Ignite Fitness @Fitbloggin is self-promotion. Watch the selling to the audience and focus on the sharing. #IggyFit	23:50
bodhi_bear	Q7. How can presenting at an Ignite benefit a presenter even though they are not allowed to self-promote an agenda? #IggyFit	23:50
bodhi_bear	My last Ignite talk was about vinegar in terms of holistic living and it has helped people re-think their relationship to chemicals #IggyFit	23:51
KandidlyKim	@tcabeen thank you! #fitbloggin #iggyfit	23:51
tcabeen	#IggyFit A6: Word. The biggest faux pas at an Ignite is sounding like a shill. The audience doesn't want an infomercial & will turn on you.	23:52
bodhi_bear	@KandidlyKim Most definitely!!! #IggyFit	23:52
BadassFitCEO	@bodhi_bear can't wait! #iggyfit #fitbloggin #badassfitness	23:52
bodhi_bear	I am definitely here to bounce ideas off of in my capacity with #IggyFit. So is @tcabeen since he is just a sweet guy.	23:52
tcabeen	#IggyFit A6: Never forget that you're speaking for the benefit of the community. Your own benefit will just happen. Don't force that.	23:52
JamnTri	@bodhi_bear But people don't want to just hear about us. We should also motivate, right? That is the balance I'm struggling with #iggyfit	23:53
KandidlyKim	RT @skinnyemmie: Yes! RT @workoutnirvana: Ignite made an impact on me - it's people with a passion speaking up! #fitbloggin #iggyfit	23:53
bodhi_bear	I encourage you to bounce ideas off of me + @tcabeen vs. @RoniNoone bcuz she has a WHOLE conf. to plan. I only do the Ignite part. #IggyFit	23:53
tcabeen	#IggyFit A7: The speaker benefits from the experience. When you engage the audience, you also form lasting connections. Connections are gold	23:54
MizFitOnline	@BadassFitCEO @workoutnirvana ill be there!!! #IggyFit	23:54
bodhi_bear	@JamnTri And you will find that balance with your storytelling. Look at last year's talks to see the diversity we showcased. #IggyFit	23:54

tcabeen	@JamnTri "Look what you can also do always beats Look what I did!" You're absolutely on point, there. #IggyFit	23:54
HealthyJasmine	@tcabeen I am finding all of this advice extremely helpful, TY to both @bodhi_bear #IggyFit	23:54
tcabeen	@HealthyJasmine You're already rocking the self-promotion and getting people interested in your topic. Quick study, aren't ya. :D #IggyFit	23:56
bodhi_bear	As you go into spark ideas think about what you would want to share with your community. That is a big word in my Ignite world. #IggyFit	23:56
BadassFitCEO	RT @bodhi_bear: Q7. How can presenting at an Ignite benefit a presenter even though they are not allowed to self-promote an agenda? #IggyFit	23:56
bodhi_bear	Thank you @tcabeen When is your next Ignite? Any links to the site or the livestream for guests here to watch? #IggyFit	23:56
KandidlyKim	@HealthyJasmine I second that! #IggyFit @tcabeen @bodhi_bear	23:56
bodhi_bear	If you would like to apply to speak at Ignite Fitness submissions are open until 14 March <a href="http://t.co/uFz1B05p">http://t.co/uFz1B05p</a> #IggyFit	23:57
tcabeen	#IggyFit My huge pleasure. Always here to help however I can. @IgniteDenver is Feb 27th, and streams at <a href="http://t.co/sFxRcWSj">http://t.co/sFxRcWSj</a>	23:57
WorkoutNirvana	@BadassFitCEO @MizFitOnline Right there with ya! It will be amazing! #iggyfit #fitbloggin	23:57
HealthyJasmine	@tcabeen lol thanks. I am kind of a nerd, but I'm cool with that. #IggyFit	23:57
tcabeen	#IggyFit Best of luck to everyone submitting a spark! Looking forward to submitting my own, as well. :) #VOTEFORME #ALLTHESHILLING ;D	23:58
bodhi_bear	127 days until Fitbloggin - even if you do not want to speak at Ignite Fitness you'll have a blast <a href="http://t.co/wrQR31rv">http://t.co/wrQR31rv</a> #IggyFit	23:58
WorkoutNirvana	RT @bodhi_bear: 127 days until Fitbloggin- even if you don't want to speak at Ignite you'll have a blast <a href="http://t.co/ZgsYb9fo">http://t.co/ZgsYb9fo</a> #iggyfit	23:59
HealthyJasmine	RT @bodhi_bear: If you would like to apply to speak at Ignite Fitness submissions are open until 14 March <a href="http://t.co/uFz1B05p">http://t.co/uFz1B05p</a> #IggyFit	23:59
RenewedFitness	RT @bodhi_bear: If you would like to apply to speak at Ignite Fitness submissions are open until 14 March <a href="http://t.co/uFz1B05p">http://t.co/uFz1B05p</a> #IggyFit	23:59
WorkoutNirvana	@tcabeen Aren't the votes secret? Lol #iggyfit	23:59
bodhi_bear	Currently @Fitbloggin tickets are \$299 and worth every penny. If you are picked for #IggyFit the conference is comped. @RoniNoone rocks!	23:59
fatwmnonthemtn	RT @tcabeen: #IggyFit A6: Word. The biggest faux pas at an Ignite is sounding like a shill. The audience doesn't want an infomercial & will turn on you.	23:59
bodhi_bear	Thank you @RoniNoone @tcabeen for hanging out with us fitgeeks tonight #IggyFit	23:59
HealthyJasmine	@bodhi_bear and it is in a beautiful state! How can you go wrong with that? #IggyFit	0:00
tcabeen	RT @bodhi_bear: If you would like to apply to speak at Ignite Fitness submissions are open until 14 March <a href="http://t.co/uFz1B05p">http://t.co/uFz1B05p</a> #IggyFit	0:00
RenewedFitness	Thanks for the chat @bodhi_bear and @tcabeen! I'm going to think some more and submit my Spark soon! #iggyfit	0:00
HealthyJasmine	RT @bodhi_bear: Currently @Fitbloggin tickets are \$299 and worth every penny. If you are picked for #IggyFit the conference is comped. @RoniNoone rocks!	0:00
bodhi_bear	Don't worry about nepotism folks. Even with @tcabeen submitting a spark @RoniNoone and I are all about fairness. #IggyFit	0:00
bodhi_bear	Hope this chat got you pumped up for Portland, OR this summer with @Fitbloggin. Please ask questions as they come up for #IggyFit	0:01
HealthyJasmine	@bodhi_bear @RoniNoone @tcabeen Very informative chat, TY! #IggyFit	0:01
tcabeen	@bodhi_bear @RoniNoone The only reason I'll get picked is because I stole Kia's best idea. ;D #IggyFit	0:01
fatwmnonthemtn	One last question: Can #Iggyfit presentations be sponsored? @RoniNoone @bodhi_bear	0:01
HealthyJasmine	@RenewedFitness TY for following! Hope to meet soon! #IggyFit	0:01
WorkoutNirvana	@bodhi_bear It did! Thanks much. #iggyfit	0:02
JamnTri	Thanks @bodhi_bear & @RoniNoone for the helpful info. I'm excited to get to the real planning of my spark #iggyfit	0:02

WorkoutNirvana	@tcabeen Lol so to be clear, names are not on descriptions but we don't have to keep it secret? #iggyfit	0:02
bodhi_bear	@fatwmnonthemtn No. We already work with sponsors for @Fitbloggin and last year Polar HRM was an additional #IggyFit sponsor	0:03
HealthyJasmine	I hope you pay her back. @tcabeen @bodhi_bear #IggyFit	0:03
tcabeen	@WorkoutNirvana You know, I'm not sure. Names are absolutely attached for #IgniteDenver. @Bodhi_bear is your resource on #IggyFit specifics.	0:04
RenewedFitness	@healthyjasmine No problem! Yes, we should definitely meet soon. Or maybe at @FitBloggin this year! #iggyfit	0:04
fatwmnonthemtn	@RoniNoone @bodhi_bear Thank you so much for your time this evening. I really appreciate it and am excited for #iggyfit and #fitbloggin	0:04
fatwmnonthemtn	@bodhi_bear @fitbloggin That's what I thought. Just wanted to make sure. ;-)	0:04
bodhi_bear	You can reach me at bodhibearinfo@gmail if you were shy tonight or there is something else you want to ask :) #IggyFit	0:05
bodhi_bear	@fatwmnonthemtn No harm in asking. I am glad you did. #IggyFit	0:05
tcabeen	@HealthyJasmine I do! And the interest is steep on @bodhi_bear's ideas. :D #TotallyWorthIt #IggyFit	0:05
HealthyJasmine	@tcabeen @bodhi_bear I love husband/wife teams, I had no idea. #IggyFit	0:07
HealthyJasmine	@RenewedFitness @fitbloggin funny! Fly to Portland to meet when we live in Chicago #IggyFit that is cool by me	0:08
tcabeen	@HealthyJasmine Teamwork is the only way to do it, from Ignite to Babymakin'. Haha. #IggyFIT cc @bodhi_bear	0:08
bodhi_bear	@HealthyJasmine @RenewedFitness it happens. @WorkoutNirvana and I live "near" each other and FitSocial is sadly our mtg spot #IggyFit	0:09
tcabeen	We're so committed to this that we drive a Honda #IggyFit.#LameDadJokes	0:09
RenewedFitness	@HealthyJasmine @fitbloggin LOL! You are right. Let's make it a point to meet BEFORE Portland. lol! #iggyfit	0:10
WorkoutNirvana	@bodhi_bear @HealthyJasmine @RenewedFitness Lol! It's ridiculous we haven't gotten together. But it's comforting knowing we can:) #iggyfit	0:13
HealthyJasmine	@tcabeen @bodhi_bear well, well! that is too funny! #IggyFit	0:14
HealthyJasmine	@RenewedFitness @fitbloggin yes, that would be great! #IggyFit but no pressure if we can't	0:15
JackSht	@bodhi_bear HOW COULD I HAVE POSSIBLY KNOWN MENTOS IN COKE WOULD DO THAT?!?!? #IggyFit	11:25
KyraTX	@JackSht @bodhi_bear That was classic. I enjoyed seeing that again! #IggyFit	11:58
BINGBING_CKTAIL	RT @RenewedFitness: @healthyjasmine No problem! Yes, we should definitely meet soon. Or maybe at @FitBloggin this year! #iggyfit	13:19
BINGBING_CKTAIL	RT @RenewedFitness: @healthyjasmine hi there! *waving* #FitBloggin #IggyFit	13:19
DubyaWife	Thinking of applying #iggyfit preso for #Fitbloggin on "How to be Socially Awesome - On & Off the Internet!" Soft skills training? Thoughts?	13:33
RoniNoone	@DubyaWife I like it! #FitBloggin #iggyfit	13:34
DubyaWife	@RoniNoone Ok applied. Something I actually wrote up after last year. :-) Had many ppl comment about wanting this. #fitbloggin #iggyfit	13:40
300lbsandrinnin	Think I should apply for #iggyfit "How bad do you want it? Staying motivated and inspired through your journey" What you think? #fitbloggin	14:05
streetstrider	@300lbsandrinnin what is #iggyfit?	14:06
alignyoga	RT @bodhi_bear: Who is excited for #Fitbloggin and our Ignite Fitness keynote featuring YOU? <a href="http://t.co/cp9ahLzl">http://t.co/cp9ahLzl</a> #IggyFit	15:05
JanetOber	@bodhi_bear Wow, that's an honor to hear. Thanks! Wish I could join you again this year, but I can't. Maybe 2014. #IggyFit	15:23
bodhi_bear	.@300lbsandrinnin Why yes I do think you should apply for #iggyfit	23:24
MizFitOnline	I 2nd that emotion RT @bodhi_bear: .@300lbsandrinnin Why yes I do think you should apply for #iggyfit	23:25