

DO THE PENGUIN WALK

THIS LITTLE TRICK CAN HELP PREVENT
FALLS ON SLIPPERY SURFACES

'Tis the season for slippery surfaces! When you discover ice or snow in your path of travel, try walking like a penguin to stay balanced. Simply extend your arms outwards to the side, keep your knees loose, and your feet pointed slightly. Don't forget to take short strides as well (very important).

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