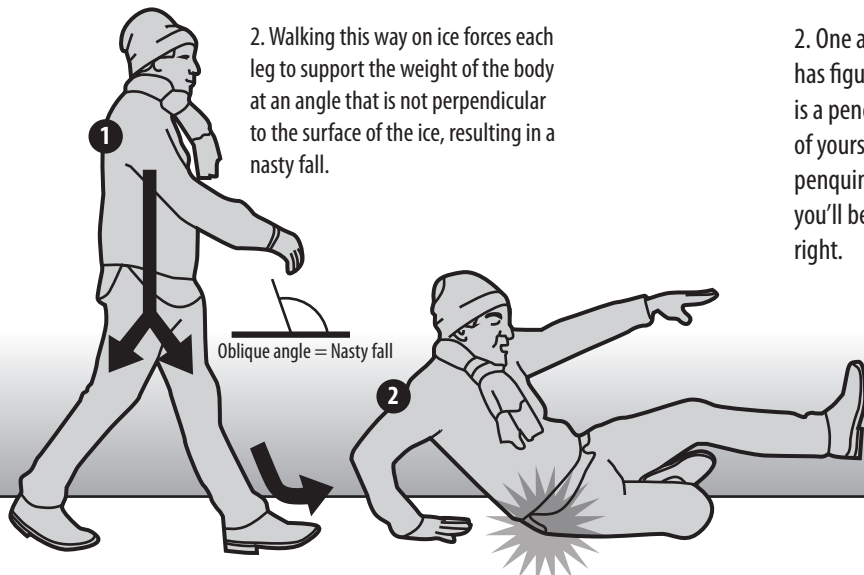


# WALKING SAFELY ON ICE

1. Normally, when we walk, our legs' ability to support our weight is split mid-stride

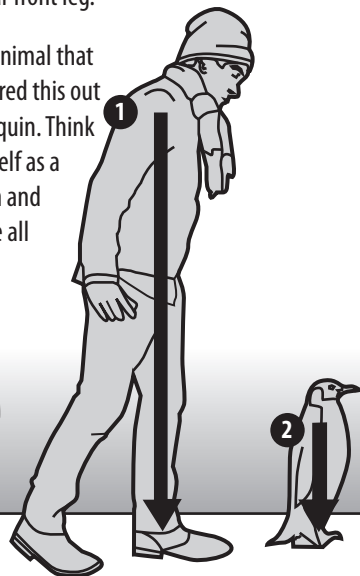
2. Walking this way on ice forces each leg to support the weight of the body at an angle that is not perpendicular to the surface of the ice, resulting in a nasty fall.



WRONG WAY

1. To walk on ice, keep your center of gravity over your front leg.

2. One animal that has figured this out is a penguin. Think of yourself as a penguin and you'll be all right.



RIGHT WAY