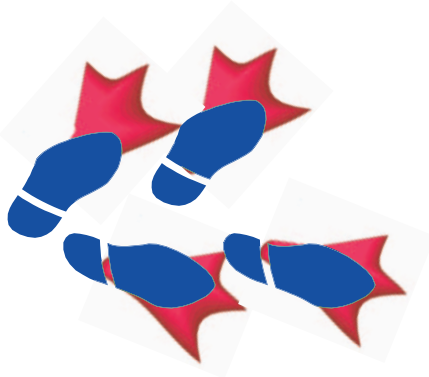


When it's cold, wet and icy ...  
And things look kinda' dicey ...  
Maybe you don't have fins,  
But, you can always WALK like a penguin!

❖ KNEES relaxed

❖ Toes pointed OUT



❖ SHORT steps

❖ SLOW and deliberate

❖ Hands FREE

