



Walk like a penguin.

You don't see penguins slip and fall on ice.

Know why?

- They walk flat footed
- They take shorter steps
- They concentrate on maintaining balance
- They keep their head up and don't lean forward

Do the penguin shuffle.



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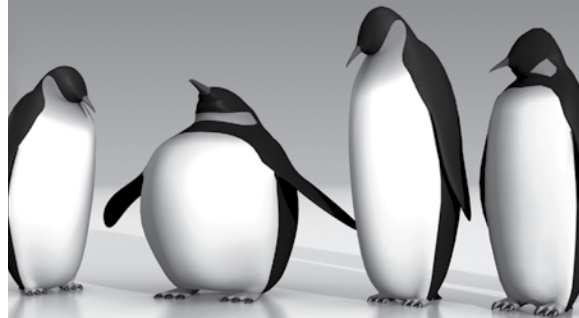
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