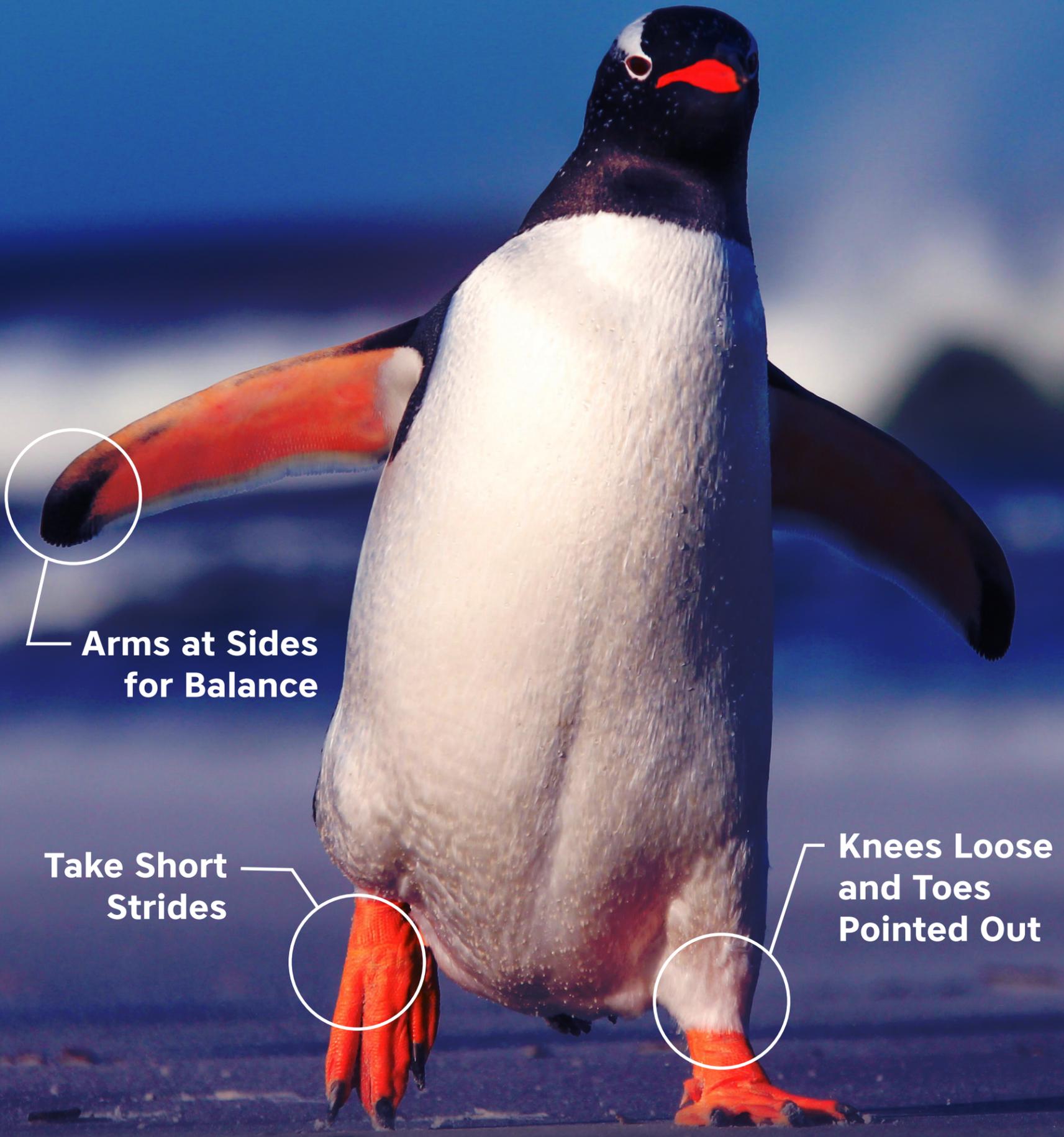


On Ice? Walk Like a **Penguin**



**Arms at Sides
for Balance**

**Take Short
Strides**

**Knees Loose
and Toes
Pointed Out**