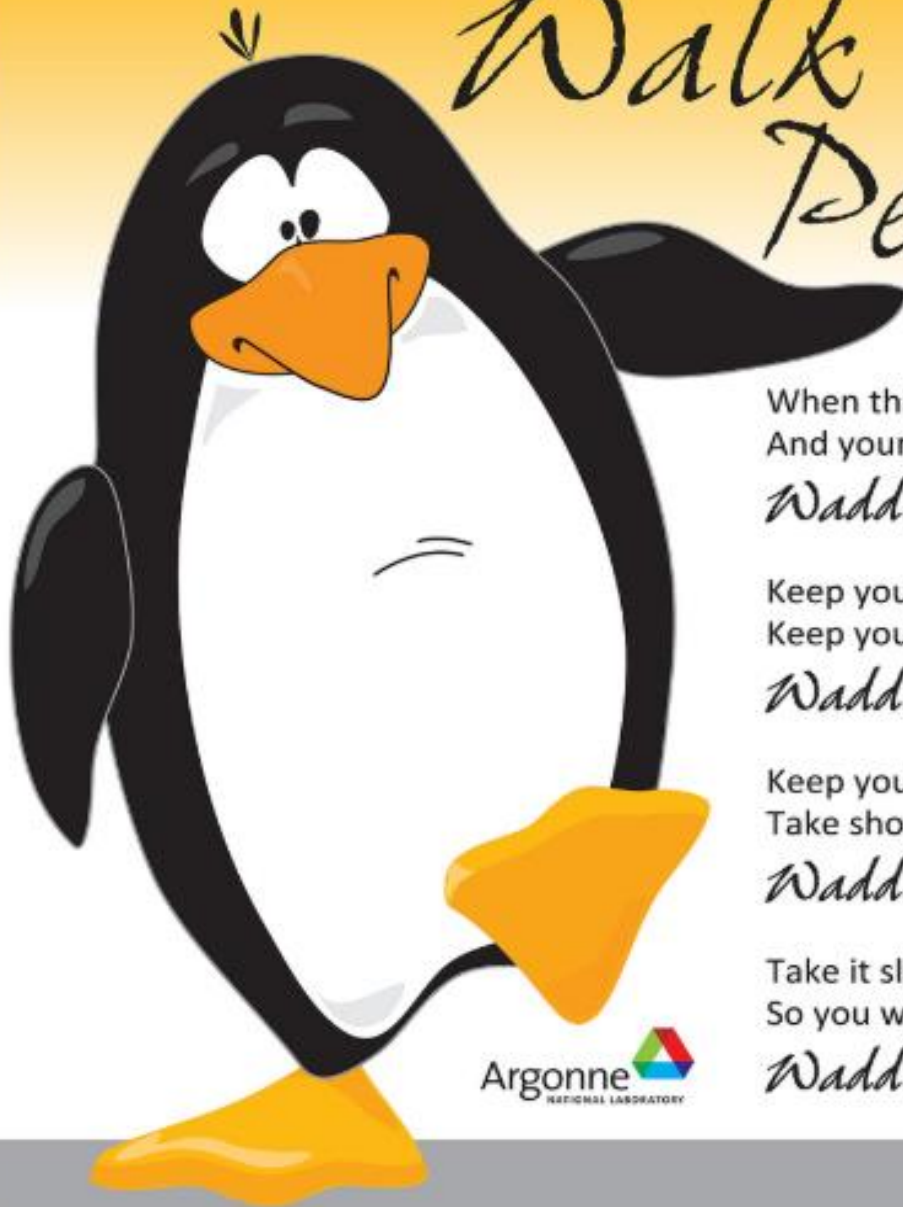


# Walk like a Penguin!



Argonne  
NATIONAL LABORATORY

When things get cold and icy,  
And your path looks kind of dicey,  
*Waddle on!*

Keep your toes all pointed out-y,  
Keep your knees all loosey-goosey,  
*Waddle on!*

Keep your hands outside your pockets,  
Take short steps so you won't rocket,  
*Waddle on!*

Take it slowly. Holey-moley,  
So you won't fall down and roll-y,  
*Waddle on!*

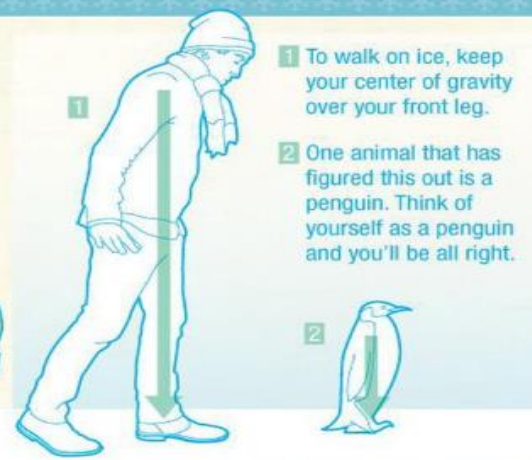
## WINTER LESSONS: HOW TO WALK ON ICE



- 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.

oblique angle=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