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.

WRONG WAY

FACT: On April 8, 2003, Dr. Robert Atkins, inventor of the famed Atkins Diet, slipped on icy pavement and suffered severe head trauma. He died nine days later.

FACT: Approximately 60 people die each year in the United States as a result of slipping on the ice. This is about as many as will die from a tornado.

RIGHT 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.