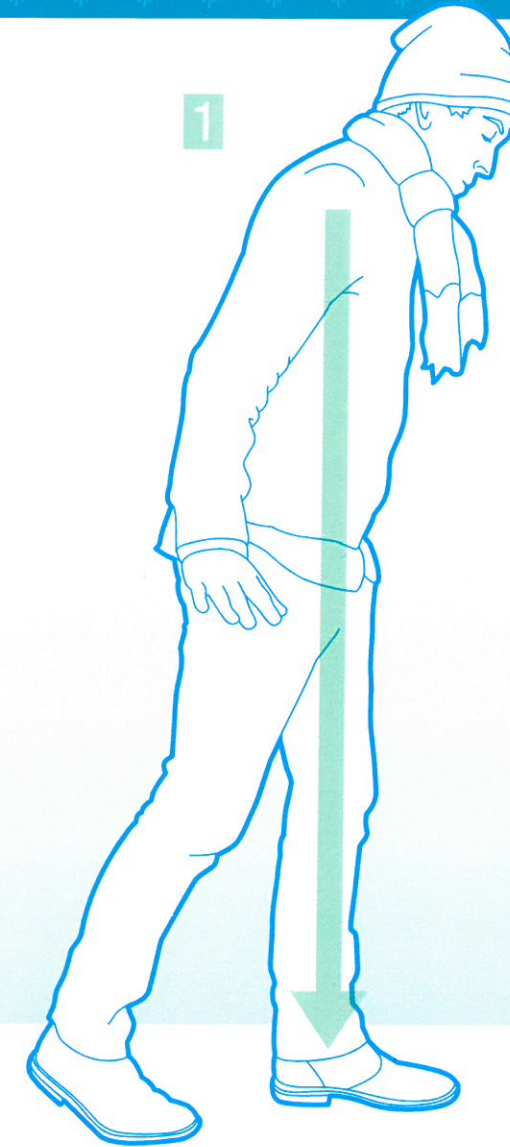


# WINTER LESSONS: HOW TO WALK ON ICE



- 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.

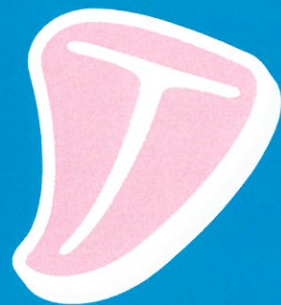
WRONG WAY



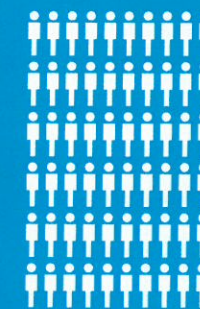
- 1 To walk on ice, keep your center of gravity over your front leg.
- 2 One animal that has figured this out is a penguin. Think of yourself as a penguin and you'll be all right.

RIGHT WAY

**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.



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