

# On Ice? Walk Like A Penguin

A photograph of a penguin standing on ice, used as a visual metaphor for walking safely. The penguin is facing slightly to the right. Four white circles with lines pointing to specific parts of its body are used as callouts. The background is a soft-focus blue and white, suggesting a snowy or icy environment. The bottom of the image has a dark red gradient overlay.

Arms at Sides  
for Balance

Knees Loose  
and Toes  
Pointed Out

Take Short  
Strides

[UnitedHeartland.com/walksafe/](http://UnitedHeartland.com/walksafe/)

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