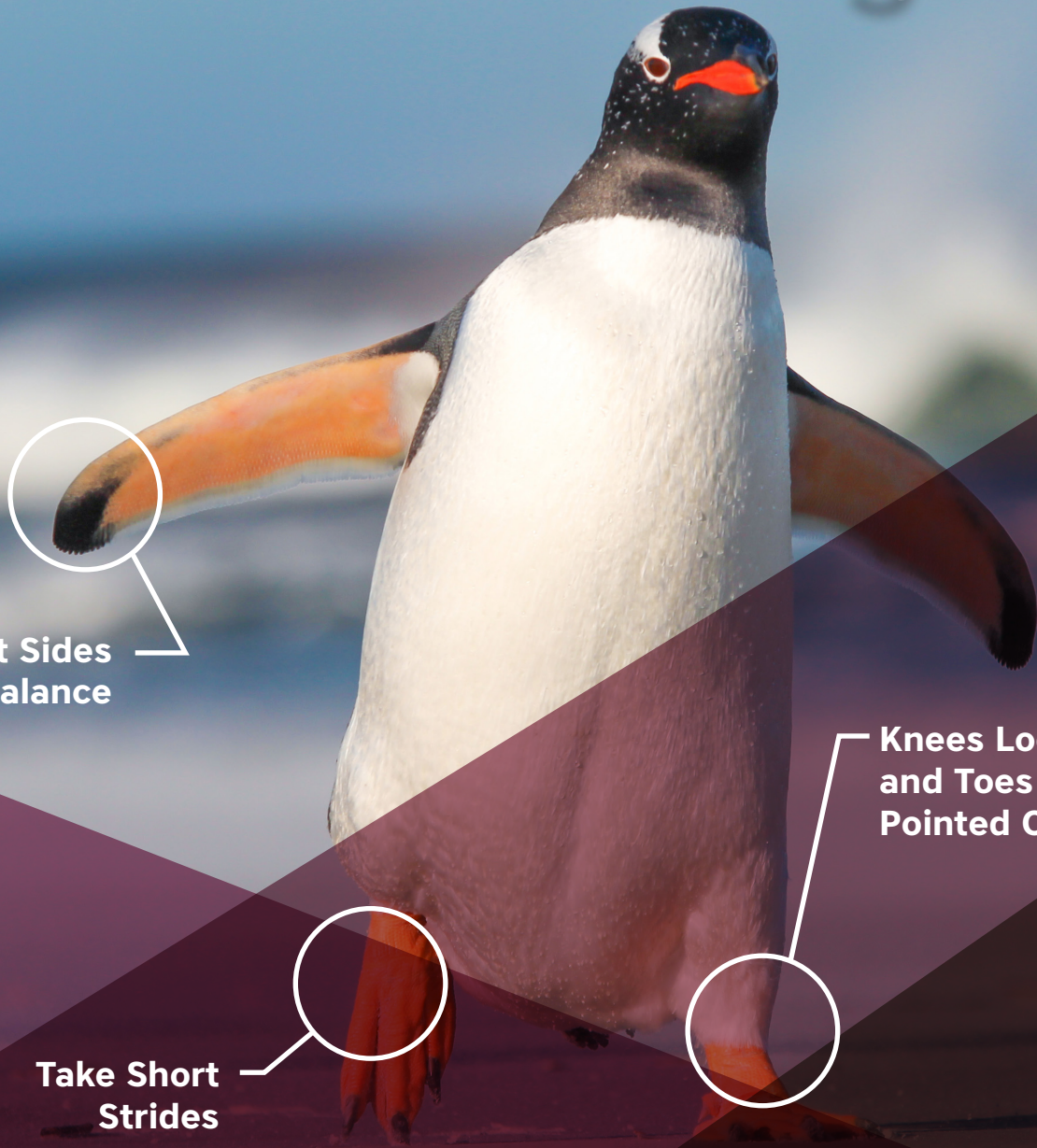


On Ice? Walk Like A Penguin



Arms at Sides
for Balance

Knees Loose
and Toes
Pointed Out

Take Short
Strides

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