

Practice Defensive Walking



Just like defensive driving to avoid accidents, be a “defensive walker” to avoid winter falls

- Plan ahead to prevent last minute rushing on snowy streets, parking lots & sidewalks
- Assume ALL wet, dark areas on pavement are black ice
- Don't text and walk at the same time
- Wear boots with good tread
- Use a backpack to free your arms, it helps you maintain balance!
- Take slow, short steps.....

.....do the Penguin Shuffle

