

WALK LIKE A PENGUIN



Keep feet 1 foot apart with feet pointing outward.



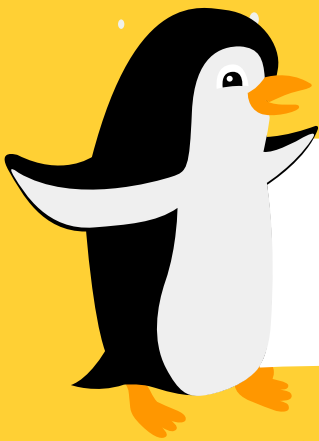
Bend your knees and waddle side to side.



Take short strides with flat feet.



Use hands for balance.



Walk slowly.



Focus on where you're stepping.

