



Those who live in the snow belt know that your snow blower can't get rid of all the snow and that sometimes we either have to shovel or push the snow to clear it. Pushing snow is hard enough work much less doing it with your back like the person above. Instead, use your legs for the job. They are twice as strong as your back and you will not get nearly as fatigued using them as you would using your back. Just keep a wide stance and bend your knees a little and your legs will be able to do the work. Another benefit is that a wider stance will be more stable on the slippery ground than standing and pushing snow with your feet together.

## PUSHING SNOW