

PMR PRACTICE

Go through each body part that is listed.

Squeeze the muscle while you slowly count to 5.

Release the muscle and go onto the next body part.

- *Raise Shoulders to Your Ears*
- *Hold elbows tightly into your sides*
- *Squeeze your hands into fists*
- *Suck in your bellybutton*
- *Press your knees together*
- *Curl up your toes*