• **Q:** You have shared some examples of stretching exercises in this presentation. How long should I hold the stretches?

• **A:** The American College of Sports Medicine recommends each stretch should be held 15-30 seconds and repeated two to four times. A total of 60 seconds of flexibility exercise per joint is recommended. Hold a single stretch to the point of feeling tightness or slight discomfort but not pain. Repetition of each flexibility exercise on each side of the body is recommended.

• **Q:** How many times a day should I stretch?

• **A:** For a general fitness program, the American College of Sports Medicine recommends static stretching for most individuals, that is preceded by an active warm-up, at least two to three days per week. On two to three days per week, adults should also perform resistance exercises for each of the major muscle groups, and neuromotor exercise involving balance, agility, and coordination. Stretching is crucial to maintaining joint range of movement. Light stretching every day, especially if you sit at a desk, can help reduce tension and stiffness throughout the body.