

Why should we never sit cross-legged?

On the Bright Side page, we've shared some useful information about cross-legged posture, so you'll have plenty of potential information, including benefits and disadvantages. healthy body.

The posture of **sitting cross-legged** is often very common, many people sit cross-legged automatically and unconsciously. This is considered a sitting posture expressing elegance and sexy, often associated with descriptive "*feminine*" and "*noble*" *adjectives*. Most of us have a habit of sitting cross-legged naturally, but not many people know that it can cause some very serious effects on our health and body. On the **Bright Side** page, we've shared some useful information about this sitting posture, so you'll have plenty of potential information, including benefits and disadvantages to your health. body.



Dailymail

Although many women think they look more attractive when sitting cross-legged, they may have more health risks if sitting with this posture on a regular basis:

1. Sitting in this position for **many hours** can lead to **paralysis** or **paralysis** . This can happen if you stay in one sitting position for a long time. However, according to scientific research, cross-legged posture is the position most likely to cause paralysis or paralysis.
2. In 2010, many studies have shown that when sitting cross-legged for a long time, your blood pressure is likely to increase. Even if you have no problems with blood pressure before, avoiding this position can help you live a healthier life and can prevent circulatory disorders.



Google.plus

One of the reasons for this conclusion is that when you put your knee on the other knee, the body will reverse the blood from the leg to the chest, which causes a large amount of blood to be pumped out of the heart, making Hypertension of the body. Another explanation for this conclusion is that high blood pressure due **to school exercise** (the type of exercise when your joints do not move and muscles do not change in length) for a long time creates force. bumpers for blood circulation. That's why sitting cross-legged at the ankles doesn't have as much harm as when you cross your legs at your knees.



MandyLynne

1. This sitting posture can lead to an **imbalance of the pelvis** . Sitting cross-legged for a long time makes the inner thigh muscles shorter and the outer thigh muscles longer, making your joints at risk of deviation.
2. The habit of sitting cross-legged increases the risk of developing " *spider veins* ". Although the biggest factor that contributes to **varicose veins** is genetic predisposition, frequent cross-legged sitting can lead to compression of phlebitis. In our bodies there are many small valves in the blood vessels, which help prevent blood from flowing in the wrong direction. When your legs are crossed, your vein pressure increases and hinders the transport of blood, causing the vessels to narrow and weaken. This can cause blood spills in the legs and make your leg veins swell.

Finally, a study showed that if you sit with your legs crossed for longer than three hours a day, you may have hunchback, back pain, neck pain and always feel uncomfortable in the hip area.



sergiosimphonio

Above, we have provided you with all the necessary information about the harmful effects of cross-legged sitting. Your problem is now able to change this habit or not! As mentioned at the beginning of this article, although this sitting posture is very elegant and noble, you should consider your health issues.

Refer to some of the following articles:

1. What will happen if you sit in a place for too long?
2. This is why you should sleep on your left side?
3. Changing work postures improves work efficiency
4. 3 minutes of exercise every day to keep your posture straight and protect your spine

Wish you have moments of fun!

You finished reading the article "**Why should we never sit cross-legged?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.