

# STOP THE BOUNCE.

How to find the perfect fitting  
sports bra for you.



By Catherine Elbourn

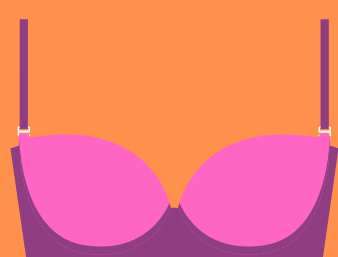
Poor breast support during sports and exercise can influence breast health and has proven to have a negative effect on performance. Women and girls must be educated and feel empowered to talk about their breasts without embarrassment.

A properly fitted sports bra is an essential part of your sports kit but finding the right one can be daunting, so I have put together this simple guide.

Not only must your sports bra fit well, it also needs to be suitable for the physical activity you are participating in.

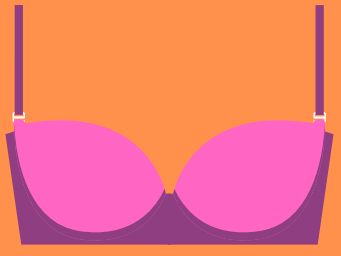
Bear in mind that breast development and body shape changes will alter the size of your breasts, so it is recommended getting them measured every 6 months.

So, come on what are you waiting for, its time to invest in your breasts!



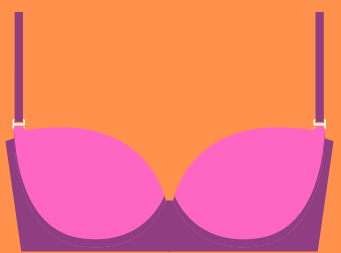
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# Use this simple guide to help find your prefect fit.



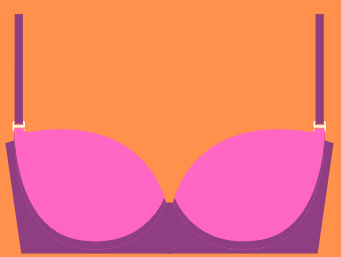
## 1) STRAPS.

They shouldn't be too tight that they dig in or too loose that they slip off. Rule of thumb - 2 fingers should be able to fit under strap. Bear in mind that they aren't the main support of a bra.



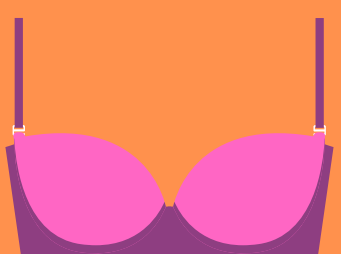
## 2) UNDERWIRE.

Not all sports bras come with underwires. It is very much a personal preference. Just make sure that wires follows the natural crease of the breast and not rest on breast tissue.



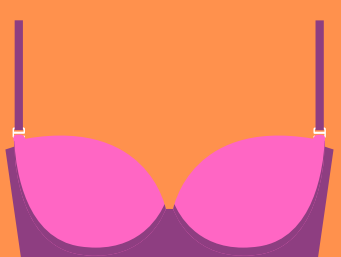
## 3) CUPS .

The cups of the bra should cover the breast with no bulging or gaping at the tops or side. If the material gathers, the cup size is probably too big.



## 4) UNDER BAND.

The under band is the main support system of the bra. This means that the breasts are supported from below rather than from the straps above. It should sit firmly and level around the chest, without sliding around or riding up as you move or be too tight that it's uncomfortable to breathe or cause flesh to bulge at the edges.



## 5) THE FRONT OF THE BRA.

Should sit flat against the body with no gaping. If it lifts away from you, you may need to increase your cup size.

# A bit about me...

- ★ Qualified Personal Trainer with over 20 years in the fitness industry.
- ★ Podcast Host.
- ★ Advocate of female health, fitness and well-being.
- ★ Keen runner.

