

POSTURE PLUS EVERYDAY BRA FIT CHECKLIST

1. Shoulder straps:

The shoulder straps should be adjustable and not too narrow. This is especially important if you have a larger breast size, as narrow straps cause the weight of the breast to cut into your neck and shoulder muscles. The straps should be firm to give a slight lift to the breast but you should be able to run one finger easily under each strap.

2. Chest band:

The chest band should be level all the way around the trunk and it should stay in position when you lift your arms. The band should not prevent you from having a deep breath nor should you see excessive flesh bulging over the band.

3. Cups:

The breast should be fully contained within the cup – not spilling out over the top of the cup. Your breast should be lifted and slightly compressed against your chest – not hanging down and the cups should not be wrinkled. As a quick guide, your nipple height should be approximately halfway between your shoulder and your elbow.

4. Under wire:

The underwire should sit on your rib cage not compress your breast tissue and the centrepoint of the bra should sit flat against your chest - there should be no gaps.

5. Hooks:

Ideally you should use the middle hook as this allows for adjustments if required.

6. Fluctuation of bra size:

This is a natural occurrence due to: growth during adolescence, weight changes, increased pectoral muscle size, different times during your menstrual cycle, during pregnancy and breastfeeding. It is a very good idea to check you bra size annually.

7. Bra size:

Remember your bra size is only an *estimate*. Don't assume you are one size as this will vary from style to style and brand-to-brand – you must try on every bra and go through the checklist each time.