

POSTURE PLUS SPORTS BRA FIT CHECKLIST

1. Material:

The material should be stronger and slightly less elastic than an everyday bra. The fabric must breathe like any other piece of sports equipment.

2. Seams:

Ensure that there are no seams that may cause skin friction with movement.

3. Straps:

The shoulder straps should be slightly wider than an everyday bra and connected slightly closer to the centre of your back. This ensures plenty of freedom for movement around the shoulders.

4. Chest Band:

The chest band should be slightly wider than a typical everyday bra and it should be made of sturdy material. When you slide off the shoulder straps, the chest band should be able to support most of your breast weight.

5. Cups:

The cups should support and contain most of your breast tissue.

6. Running Test:

The sports bra “running test” is the best way you can test a bra for its “fitness”. In front of a mirror, lightly run on the spot while watching the vertical displacement of your nipples. They should not bounce up and down more than 5 cm. If they do, then you require a more supportive bra.