

SPORTS BRAS

GETTING A GREAT FIT

Getting a sports bra that fits really well means you get the breast support you need. First, measure your bra size (be aware that your size may vary across brands or styles). Always fit your bra standing up, move your arms and jump up and down to test fit and support features.

Most importantly - use the 5-point bra fit to make sure your sports bra fits perfectly.

HOW TO MEASURE YOUR BRA SIZE

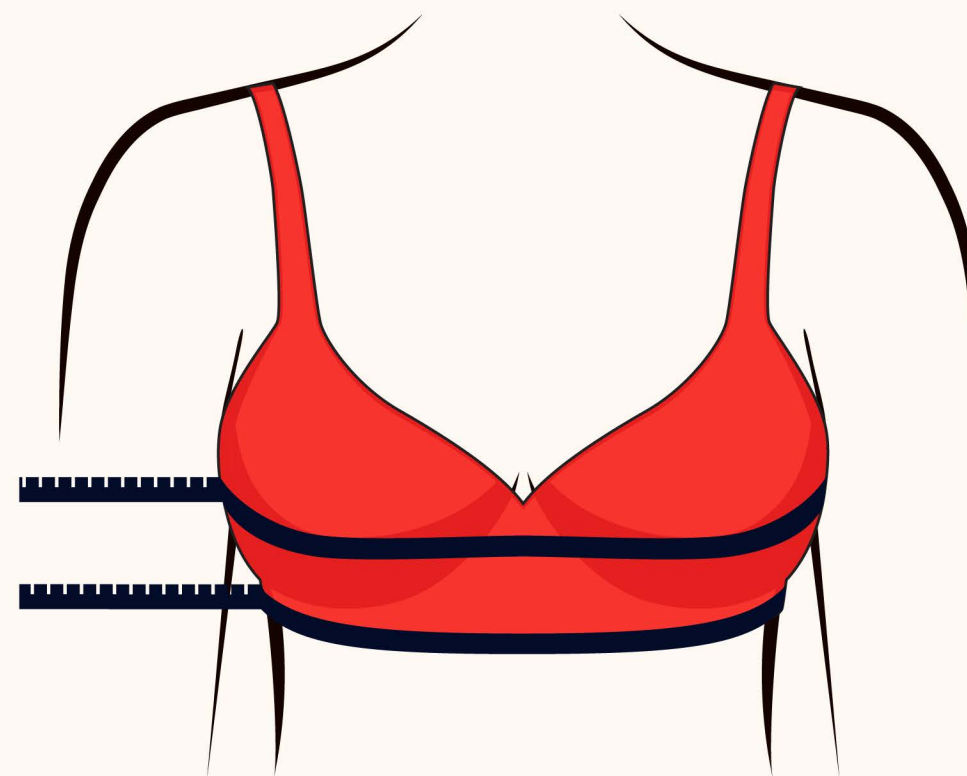
1. Measure under your breasts, around your rib cage (underband = inches)
2. Measure around the fullest part of your bust across the nipple line (inches)
3. Subtract the underband measurement from the bust measurement - use the chart below to convert the difference (inches) into your cup size

Conversion chart

Difference (inches)	+1	+2	+3	+4	+5	+6	+7	+8	+9
Cup size	A	B	C	D	DD	E	F	FF	G

**Bust
Measurement**

**Band
Measurement**



HER 5-POINT BRA FIT

1. Straps

The straps should be adjusted to be comfortable. Not too tight they dig into the skin and not too loose that they sag or slip.

2. Cups

The cups fabric should enclose all of the breast tissue. Breasts should not bulge out of the top, sides, under the arm. Nor should there be loose fabric, which indicates the cups are probably too big.

3. Front

The lower edge between the cups should sit flat against your body. If the centre front digs in you may need to go up a band size. But if the centre front sits away from your chest your cups might be too small.

4. Underwire

Not all sports bras have underwire, but if they do, the wire should follow the natural crease of the breast and not rest on, or dig into, any of the breast tissue.

5. Underband

This should fit firmly around the chest. It shouldn't slide around, or be pulled upwards at the back. It shouldn't be so tight that it leaves a skin indent, but it should be a firm fit to provide support.

