Why wear a supportive bra during physical activity?

- Improve posture and athletic performance
- Minimize breast movement and discomfort
- Improperly fitting bras can cause neck, back, and arm pain
- Improperly fitting bras can cause bruising, chafing, and irritation

How much breast support do I need?

The amount of support needed is dependent on age, bra size, and the type of exercise.

- **Age**- Elasticity of skin decreases with age which reduces the support it can provide. This means older women require greater support, especially after pregnancy.
- **Exercise**- Exercises with more up and down movement (like jumping) and rapid lower limb movement (like running) cause more breast movement and therefore require more support.
- **Bra Size**- Females with larger bra sizes have heavier breasts and require greater support from their sports bra.

Which bra should I wear?

There are three types of bras to choose from:

1. **Fashion Bras** (everyday bra)- breasts not completely covered, thin straps, non-supportive material
2. **Crop Tops** (compression bra for activity)- breasts covered, wide bands, strong elastic material
3. **Sports Bras** (combination of compression and underwire support)- breasts covered, wide padded straps, wide strong band, underwire and back clips for extra support

If only a low level of breast support is needed (for example, for small breasts or low impact activity like walking), a crop top might provide sufficient support. If a higher level is needed (older women, large breasts, or high movement activity like running) a highly supportive sports bra or simultaneous wear of sports bra and crop top may be necessary.

How do I choose the right bra?

- **Band**- Not too tight, no flesh bulging over the top of the band (too small), doesn’t ride up when you raise your arms (too big)
- **Straps**- Comfortable, not digging in, not sliding off
- **Cup**- No breast bulge over the top of the cup (too small), no wrinkles or gaps in the cup (too big)
- **Underwire**- Sits on your ribs and not on your breast tissue or under the armpits (too small or design does not fit you)
- **Material**- should provide compression, should wick sweat away from your body to keep you cool but not irritate your skin