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Sports bras – do I need one?

An alarming 56%* of women experience breast pain when exercising, yet many ladies are still not wearing the most supportive sports bras, which are now available to exercise in.

It is particularly important that a larger bust is well supported during exercise due to the stretching of the Coopers Ligaments. The Coopers Ligaments hold up the bust and stretch with excessive movement. This stretch is permanent and irreversible. This is most likely for larger cup sizes given the additional weight. It is also likely to cause greater embarrassment and discomfort. However, exercising without adequate support also damages smaller busts. Regardless of size of bust the Coopers Ligaments will stretch with too much bouncing, which will cause your boobs to droop permanently. And I think most of us would agree a pair of saggy boobs whatever the size is not terribly attractive! And whatever bust size you are there is a solution out there.

The important points to look for are that a sports bra significantly reduces the movement of the bust for the activity you plan to perform in it. It should fit snugly but not so tight you can't breathe and there should be no bulges or gaps.

In general for larger busts the encapsulation style sports bras offer more support. In the past these have looked like something that your great-grandmother might have worn last century, however, their appearance is improving all the time. And even if not the sexiest item of lingerie in your wardrobe, it should be the most practical.

At the other end of the scale, the very small bust (AA or A) also struggles to find a good sports bra. Either compression or encapsulation (which may be hard to find but Pure Lime and Anita do good smaller cup sizes) work well for the smaller bust. However, many compression style crop tops do not accommodate the broader back as their sizing in the cup increases proportionally to the back. The exception to this is the Sportjock ActionSport bra that is available for A cups right up to a 40!

And finally a word of caution – just because you have a sports bra that fits, don't rest on your laurels! Sports bras need replacing frequently! Manufacturers recommend every 40 washes (Shock Absorber) or 3-4 months (Pretty Polly). So do check to make sure you aren't due a new one, once the elasticity has been reduced through washing or the band on a crop top stretched they will not offer the same support or protection for your bust!

So look after your assets and ensure you have a sports bra that fits and is designed for the activity you are participating in.

All sports bras are available from **LessBounce.com** or for a **FREE** catalogue or advice call **08000 36 38 40** or email **customerservices@lessbounce.com**