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### **Bra Chafing?! Why does it happen?**

There are some of us who are just sensitive souls and everything rubs and unfortunately bras cause chafing, hopefully your Bodyglide sample will help. However, for many of us they suddenly start rubbing or only hurt on long runs, so what's going on?

The chafing is caused by the bra moving up and down as you exercise. The reason this often happens on longer adventures, is that as you warm up and perspire, the bra moves up and down more easily. Bodyglide may well alleviate this. However, if you can you may also want to try tightening the bra one hook across the back on your long training sessions to see if that helps!

However, if your bra has been fine, and then starts chafing, you may well have lost weight and need a smaller size. Alternatively, it may be time to replace. Your sports bra needs replacing every 30-40 washes as the elasticity of the fabric is damaged through washing and use and ultimately does not support how it used to. Hence the problem with sudden chafing. Bodyglide is unlikely to provide much relief from this scenario as your bra is the problem!

If you are planning to run the marathon, as many of you sampling Bodyglide are. Please, please, please treat your bra like your running shoes – don't get a new one to run in on the day, and the one you buy now for training, will not last right through until April! If you average 5 miles each time you run, your bra will only last 200 miles, unlike the 500 miles you will get out of your trainers!

We hope the Bodyglide helps you train more comfortably, but please look after your bust and buy it a new bra regularly!

*Selaine*