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## Sports bras – do I need one?

You know your bust moves when exercising which may be embarrassing and painful. What you may not know is that the bust is only held in place by the skin around it and the Coopers Ligaments. When the bust moves, these stretch and this stretch can result in a permanent droop of the bust.

Sports bras are essential for high impact activities, such as dance, aerobics, netball and tennis (whatever size of bust) and preferable, even if the sport is low impact, such as walking.

LessBounce.com, the sports bra company, have conducted an online research project with over 550 teenage respondents about their views on PE. 36% of 11-16 were embarrassed by bust movement when exercising which rose to 62% of 16-18 year olds. However, less than 30% of 11-16 year olds wore a sports bra for exercise, despite only 7% thinking they did not need one.

No lad would play football without shin pads, or cricket without a box, why do girls still take PE without wearing a proper sports bra?

Research shows there are three main reasons why women do not wear a sports bra:

1. They are hard to find as most sports shops and many department stores only stock one brand and rarely have a full range of sizes.
2. The typical retail outlet provides an environment that is embarrassing for trying on or purchasing a sports bra, particularly as many sports stores have young male assistants.
3. Many women do not realise the importance of wearing a sports bra.

There are sports bras available now which look like everyday bras and can be worn all day, but will give more support for sport or PE; or crop top style bras which come in a huge range of colours. If you are unsure which sports bra will be best for you (or your daughter) we have a helpline of ladies trained to answer questions about sports bras on **0800 36 38 40**, or you can send an email to [info@lessbounce.com](mailto:info@lessbounce.com). Our website ([www.lessbounce.com](http://www.lessbounce.com)) also has lots of information about the different types of sports bras and we sell the widest range of sports bras in the world, so we should have something to suit!

I gave up running at school due to the comments I received about my bust – don't do the same! There are great bras now available and all us girls need one!

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