

Steps to finding the proper Sports Bra

Did you know that as many as 80 percent of women are running in the wrong size sports bra? That's what industry experts say. Even the best jog bra won't perform well if it doesn't fit well. So here are some steps to follow on how to get the perfect fit.

AT HOME

With a tape measure, calculate your correct bra size.

First, measure around your rib cage, just under your breasts. The tape measure should be snug but not tight. Add 5" and round up to the nearest even number. This is your **band size**.

Second, measure loosely around the fullest part of your bust, keeping the tape measure straight on your back. Round up to the nearest whole number. This is your **bust measurement**.

Third, subtract your **band size** from your **bust measurement**. The difference between the two determines your cup size based on the table below.

1"	A
2"	B
3"	C
4"	D
5"	DD

GO SHOPPING

Runners need bras designed for high-impact activity. Look for a **bra's activity level** on its label or the maker's Web site. The label will show the impact level for your bra size.

Select a jog bra made from **technical materials** touted to wick moisture away from the skin, such as CoolMax and Drylete. Seams with rolled edges and off-center stitching (to minimize chafing) are preferable.

Before you head to the dressing room, **grab three sizes** to try on--the cup size you normally wear, one that's smaller, and one that's larger. That's because one brand's 34B can fit completely differently from another brand's 34B.

IN THE FITTING ROOM

- Straps shouldn't gape, dig into the skin, or move around. You should be able to slide two fingers under each strap.
- The base band should feel snug and lie flat all the way around. But you should also be able to get one finger under the band on each side, front, and the back.
- If the base band rides up in the middle of the back, the width of the bra may be too wide, or you need to adjust the straps (if this is an option) to a longer length.
- If the bra's material wrinkles or gathers anywhere, the bra is too big. If your skin bulges out in spots or if the bra's edges cut into you, the bra is too small.
- A tight sports bra can hinder your ability to breathe deeply, which can slow your running. It can also inflict nasty chafing marks. You want a sports bra that feels snug, but not tight. A good test: Put your running bra on, and clap your hands over your head. If the band of the bra slides up your torso, it's too tight.
- To reduce bouncing, look for a bra that encapsulates each breast into a distinct cup. Also, heavier fabric and construction provide better support than lighter fabric. Test the bra by jumping up and down in front of the dressing room mirror. Select the one that allows your breasts to move the least, but still feels comfortable.
- Once you've found a bra that fits well, run in place for 10 to 15 seconds in front of the mirror in the fitting room, do jumping jacks, or take a walk around the store or a jog outside the store to see how the bra feels when you move in it. The bra should minimize breast movement, should make you feel supported, and should not twist or ride up while you move.

MAKE YOUR BRA LAST

Wash the bra in cold water with powder detergent since liquids clog fabric pores which inhibits moisture wicking. Or, purchase a specially formulated, liquid sports detergent. Tumble dry on low or let it air dry to prolong the life of the elastic. Once the elastic starts to lose resilience or if your weight changes, you should replace the bra.



Ward Parkway Mall, 85th and Ward Parkway
Stoll Park, 119th and Quivira, Overland Park, KS
Independence Commons, 18810 E 39th St, Independence