

ACTIVE WOMEN AND THE PERFECT FIT

A great sports bra is hard to find — and can certainly make or break a workout, especially if it's not properly fitting. Statistics show that about 60-80 percent of women wear the wrong size. And as a recent mother your body has seen changes in weight and breast size. If it's been more than six months since your last sports bra purchase, or if you do not own a sports bra, it's time for a new one.

There are a lot of sports bras out there but it is challenging to find the right bra for your needs. A good sport bra minimizes breast movement, which is uncomfortable and can damage breast tissue. A sports bra should be tighter than your lingerie bra.

Bra sizes fit differently depending on the brand, style and your body type-it might take several tries to find what works for you. Here are a few helpful tips to consider for your purchase:

- Try on several styles and do a few exercises to mimic activities you plan to do (jumping jacks, running in place, arm circles). See how each garment moves and feels. If you have to adjust bra during these activities, it might not be the right fit.
- Look for breathable, synthetic fabrics that wick moisture away from the skin and give a gentle supportive stretch. Additionally, they will help minimize chafing.
- Stay away from sports bras with 'decorations'. Zippers, buckles, and other fasteners can chafe. Exceptions are fasteners that are kept away from the skin with fabric panels.

There are basically two types of sports bras: the pullover, or compression (think “uniboob”), and the encapsulated or back clasp.

- Pullover bras are best for A and B cups, for use in both low- and high- impact activities. Larger cup sizes should only use pullover bras for low-impact exercise (yoga or spinning).
- Encapsulated or back clasp bras generally come in C, D, and DD cups from 32-44. They surround, and compress to limit motion. They typically have adjustable shoulder straps.

Fleet Feet Sports offers an extensive collection of sports bras, ensuring you will find one that fits perfectly. They carry brands such as Moving Comfort, Champion, and Enell, and prices range from \$30-\$60. There's no need to set up an appointment; just stop in to either Fleet Feet Sports location to get fit.