



Bras

According to bra experts, a staggering 70 percent of women don't wear the correct bra size. One reason: Your breasts continually change size and shape as you age. Another reason: Your rib cage expands 10 to 15 percent more across the back than the front during breathing.

A proper fitting sports bra is a woman's most important piece of running apparel, regardless of whether she is small, medium or large breasted.

During running, breasts bounce with each foot strike. Since the ligaments that suspend and support the breast are very weak and stretch easily, this repeated action accelerates permanent stretching of the skin and sagging of the breasts.

Although small-breasted women don't experience as much bouncing as large-breasted women during vigorous exercise, such as running, experts agree that all women runners should wear a sports bra.

But finding the right bra isn't easy. Besides providing adequate support, a sports bra should feel comfortable, mile after mile. A sports bra should feel snug, not tight. It should have smooth, flat seams that don't chafe, especially around the armholes or ribcage. The straps shouldn't dig into the shoulders. The band beneath the breasts shouldn't bind or abrade. And a good sports bra should wick moisture from your skin, so your breasts don't feel like they're baking. Breathable, synthetic fabrics such as polyester, Coolmax, Supplex, Dri-fit, Technifine and Lycra wick moisture much better than cotton.

There are two types of sports bras: compression and encapsulation. The compression design presses both breasts against the chest wall in a single mass. While the compression sports bra works well for small- to medium-breasted women, large-breasted women often find that their breasts bounce too much. These women do better with an encapsulation sports bra, the kind that supports and holds each breast separately in a sturdy cup.

No matter how supportive or breathable the bra, you'll never want to wear it again if it isn't comfortable. That means you've got to try it on and use it to make sure it fits properly. Runners' Edge regularly organizes ladies only, bra nights when you can come into the store, check out a wide variety of sports bras from different manufacturers and receive a proper fitting from a bra representative!

So, Ladies! When you're considering buying running apparel, remember to make your bra one of your first priorities!

RUN!

Benny