

# Sports Bra's for Ballers

## Myth:

It is a myth that only women with large breasts experience symptoms and need to wear a sports bra

There are 5 key components to think about when finding the best fit for your sports bra:

- Underband
- Shoulder Straps
- Cups
- Centre front
- Underwire

Sports bras should fit slightly snugger than your everyday bra but you should still be able to breathe deeply and comfortably.

It is important to calculate your bra size each time you purchase a new sports bra. Your bra size will change a number of times over your lifetime. Body changes such as weight loss or gain, pregnancy, hormones and ageing will affect bra size.

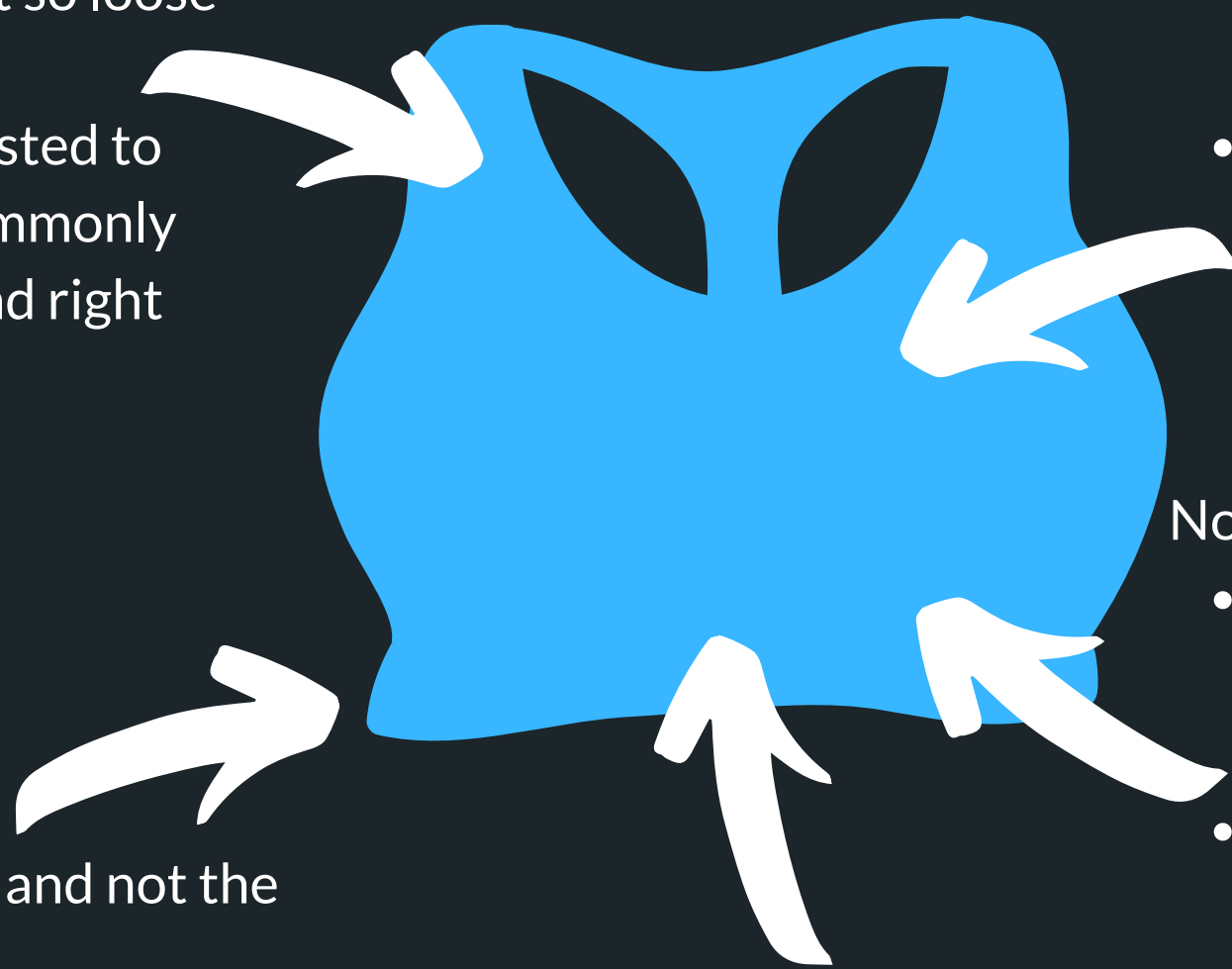
If you haven't measured yourself lately, use the full guide at <https://hrmbasketball.com/choosing-a-sports-bra-the-basketballers-guide/>

### No 2. Shoulder straps

- You should be able to get 2 fingers under the straps
- Not tight so they dig but not so loose they slip off.
- It is ok if the straps are adjusted to different lengths. This is commonly required as often the left and right breast are different sizes.

### No 1. The Underband

- It gives most of the support and not the shoulder straps
- It should be level all the way around the body and be a snug fit. You should be able to fit 2 fingers under the band



### No 3. The Cups

- The breasts shouldn't spill over or out of the cups. The cups should be a nice snug fit and completely covering the breast tissue.
- Likewise, they shouldn't be too loose. Wrinkles in the fabric, material gaping or hanging away from the breasts are signs that the cup is too big.

### No 5.

- The underwire should sit flat against the rib cage. It shouldn't sit against the breast tissue or under the arms
- You can check by pushing the underwire to see if anything is squashed

### No 4. The Centre Front

- This is the part that sits between the breasts.
- It should sit flat against the chest.
- If it doesn't sit flat, it is likely that the cup size is too small.

Top tip: run on the spot, jump around, hop, pivot and lift your arms up in the changing room when trying to on a sports bra

