

How to pick out a sports bra?



Why is this important?

Sports bras are considered part of sporting equipment, and proper sizing should be considered to minimize injury, improve the sporting experience, and optimize performance.

Sports Bra Designs

Encapsulation- provides the most support

Hybrid- medium support

Crop Top- less support, limited wears

Breast size > DD cup might need a combination of 2 bras

Fit

1. Ensure the band fits properly and all breast tissue, including under the armpit, is in the cup.
2. Adjust the straps and check for wrinkles, gaps, or bulging; change cup size if needed.
3. Confirm the underwire fits your breast shape; if not, repeat with a different bra.

Quality

Look at the...

Band: Wide, strong elastic fabric

Front band: wide, strong fabric

Cups: complete coverage (near armpit and top of breast) lifted.

Straps: Wide, padded, adjustable

Underwire: based on preference

Material: soft, smooth fabric

Sports Bra App

Add your region, bra size, age, and exercise intensity

