

Sports Bra Criteria

How To Pick The Right Sports Bra

- Look for level fit, well constructed (reinforced) seams, and compression without indentation or marking.
- Avoid underwires and small plastic adjusters, these will often times pinch skin during activity.
- Wide straps and wide bands will be more comfortable.
- Look for wide arm holes to prevent chafing.
- Look for covered elastic banding and covered seams.
- Look for seamless cups and breathable material (CoolMax, Supplex, ask attendants).
- Jog in place to check the amount of vertical control.
- Do a range-of-motion test to see if bra curls (rides up). Move and twist your torso in a variety of ways.
- Bra should stretch horizontally but not vertically.
- Check the Motion Control Rating (MCR) or Restriction of Vertical Motion (RVM).
 - Low Numbers: for low impact workouts (yoga, walking, etc.)
 - Medium Numbers: aerobics, fast walking, dancing, weight lifting etc.
 - High Number: running, sprinting, jump roping, kickboxing etc.
- **A or B Cups:** Look for compression (this most likely means pullover design)
- **C Cups:** look for encapsulation
 - encapsulation ensures that each breast is managed separately to ensure better support with vertical motion
 - typically will have adjustable back straps and shoulder clasps for easier on and off
- **D Cups:** Look for compression AND encapsulation
- **If larger than D:** Look for hooks and eyes instead of a pullover.

How To Prolong The Life Of A Sports Bra

- Get a fabric and eco-friendly detergent that is gentle on the fibers.
- DO NOT put it in the dryer.
 - Hot air breaks down fibers that give the bra the properties you bought it for.
- Hand wash if possible. More gentle washing will prolong the life of the fibers.

When To Get Rid Of A Sports Bra

- When it begins to lose ability to restrict vertical movement.
- Any sign of fabric breakdown or piling.
- No longer as comfortable as it used to be.
- Noticing back pain following workouts (not supporting properly) during which you used excellent form.

Other Resources

<http://www.herroom.com/sport-underwear.aspx>

- Good site for beginner shoppers to do some research.
- Has videos for High Impact Bras, user reviews etc.