

How to Pick a Sports Bra That Fits

Support for Your Body When You Move



What is a Sports Bra?

A sports bra is a **special bra made for exercise.**

It helps support your chest and **reduce movement when you play** sports or work out.



It is not the same as a regular bra.

A sports bra is **made with stronger materials** to support you more.

Why Should My Sports Bra Fit Me Right?

Wearing a good sports bra that fits well can help you feel:



More **Comfortable**



More **Confident**



Move better in your sport

Why Should I Wear a Sports Bra?

When someone exercises, their breasts can **move a lot**, especially without the right support.

That much movement can cause:

- **Pain**
- **Discomfort**
- **Problems with muscles and posture**

That's why it is important to wear a **good sports bra**.

It will protect your body and help you feel better while you move.

Finding the Right Fit for You

There is not one perfect sports bra
for everyone.

What feels good for one person might
not feel good for someone else.

Even if you think you know your size, a
bra might still not feel right.

And that's okay!



Why Won't Every Sports Bra Work?

It is because:

- Everyone's body is different
- Breasts come in different shapes and sizes
- Bras fit differently depending on how your chest is shaped



Step One: The Band



This is the band of a bra. It goes all the way around your body.

Your bra band should
feel snug but still comfortable.

Step One: The Band

The band should sit **straight across your back.**

You should be able to **fit two fingers under the band.**

You should be able to slide two fingers easily between your skin and the bra.

That means it fits just right.

Step One: The Band

Signs that The Band does not fit properly

TOO SMALL?

- 1) If it feels too tight to breathe
- 2) If it leaves dents on your skin.

Try going up a band size.

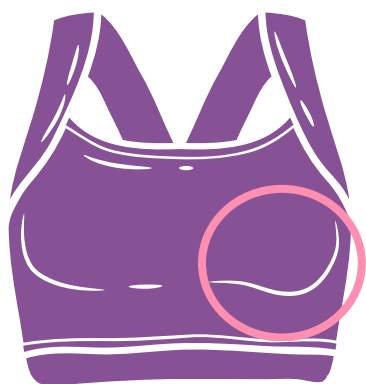
TOO BIG?

- 1) If the band slides up your back during the day.

Try going down a band size.

Step Two: The Cups

These are the cups.
It is where the bra
material covers your
breast.



The cups should fully cover your
breasts.

The bra should sit **flat**
against your skin

Step Two: The Cups

Signs that the cups do not fit properly

TOO SMALL?

- 1) If your breasts are showing **outside of the bra**
- 2) The bra doesn't lie flat on your chest, the cups are too small.

Try a bigger cup size.

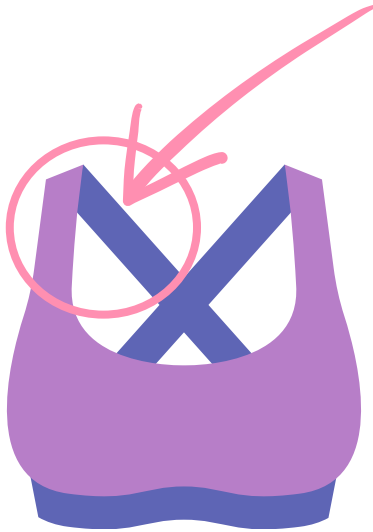
TOO BIG?

- 1) If there is **empty spaces in the cups**
- 2) The bra rubs under your arms

Try a smaller cup size.

Step Three: The Straps

These are the straps.



They go from the cups,
over your shoulders and
attach to the band on your back.

Step Three: The Straps

Once your band and cup feel right, adjust the straps to fit your body.

The straps should have a little stretch.

You should be able to
fit two fingers under the strap.

You can tighten or loosen them.



Step Three: The Straps

Signs that the straps do not fit properly

TOO SMALL?

- 1) You have red marks or dents on your skin

Try making the strap looser!

TOO BIG?

- 1) If they fall down of your shoulder

Try a smaller band size!

What did you learn?

Did you learn something new? Draw a picture or write what you learned below!





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