








SPORTS BRA BUYING CHECKLIST

-  Match the bra to your activity by choosing from low, medium or high impact styles.
-  Check for a firm fit around the band, as this represents 80-90% of the support!
-  Ensure your boobs are securely encased in the cups and not spilling out anywhere.
-  Consider “performance” fabrics to help keep you cool and odour-free.
-  Look out for useful features such as racer back clips, earphone holes & hidden pockets.
-  Try underwired styles for added support in larger cup sizes.
-  Shake, jump & jiggle while you’re trying it on - it’s the best way to tell if it’ll hold up in real life!