

Sports Bra-Ra-Ra

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Don't let an ill-fitting sports bra ruin your workout -- here's your guide to exercise support:

Fit: There are 2 standard styles of sports bra: Compression bras -- best for smaller chests -- press your breasts against your body. Encapsulation bras have separate cups for each breast and offer better support for larger busts.

Sizes vary, so personal trainer [Stacy Berman](#) recommends trying on the bra. "It may sound silly, but jump around a little to see how it feels." It should be supportive and comfortable.

Fabric: "Moisture wicking fabrics keep you dry even during harder workouts," says Dr. Susan Joy, Director of Women's Sport Health at Cleveland Clinic hospital. Look for polyester, mesh or spandex.

Care: "The best way to keep a bra long-lasting is to hand wash and air dry it," says Berman. Or, use a gentle detergent in your washing machine. If your sports bra becomes stretched or torn, it's time to replace it.

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