

## Check out these sports bras..



**Best for gym**  
**Shock Absorber Gym**  
Sizes: 32A-38H  
Multi-dimensional support, head-phone wire clip, key pocket. From £25, [www.lessbounce.com](http://www.lessbounce.com) and [www.bravissimo.com](http://www.bravissimo.com)

**Best for horse riding**  
**Berlei Riding Bra**

Sizes: 32B-38FF  
Fast-drying and lightweight, it is low cut and in nude so is perfect under show shirts. £30, [www.lessbounce.com](http://www.lessbounce.com)



**Best for bigger busts**  
**Panache sports bra**

Sizes: Range from 28DD-H to 40D-GG  
Up to 83 per cent bounce reduction. From £35 [www.lessbounce.com](http://www.lessbounce.com) and [www.bravissimo.com](http://www.bravissimo.com)

**Enell Sports bra**  
Sizes: 32C-52DD.  
Front-fastening with double layering for a more robust hold. High neckline for full coverage and extra wide non-stretch straps to prevent digging in. £45, [www.lessbounce.com](http://www.lessbounce.com)



**Best for comfort and style**  
**Pure Lime seamless bra top**

Sizes: XXS-XL  
Seamless comfortable bra that won't show through tight tops, or you can wear it on its own. £19.99, [www.purelimeshop.com](http://www.purelimeshop.com)

**Best for runners**  
**Shock Absorber Ultimate Run bra**

Sizes: 30A-38F  
"Infinity 8 support system" to control the figure-of-eight breast motion. From £30.49, [www.debenhams.com](http://www.debenhams.com) and [www.boobydoo.co.uk](http://www.boobydoo.co.uk)



**Best for high-impact sports**  
**Pure Lime Compression Bra**

Sizes: 30A-44GG  
Coolmax fabric; compression strap restricts movement. £34.99, [www.purelimeshop.com](http://www.purelimeshop.com)

**Moving Comfort Vixen sports bra**

Sizes: S-XL, A/B or C/D  
Lightly padded crop-top style sports bra with racer powermesh back and none of those annoying fasteners or adjusters. £25, [www.lessbounce.com](http://www.lessbounce.com)



# How to pick the right sports bra

**EXERCISE**  
You need a reliable bra

Exercising without a proper bra can do serious damage. Here are the stars in a supporting role

By Fiona Russell

**JUMP-STARTING** a January fitness regime is a great idea - but bouncing into the New Year is not.

Whether you plan to run, walk, go to the gym or take up horse riding, a good-quality sports bra should be an essential item of kit.

Without the right sports bra, many women are putting their breasts at risk of damage and sagging.

Research shows that "bouncing boobs" stretch ligaments beyond repair. Sports injury specialist Pamela Andrews said: "During high-impact exercise, unsupported chests bounce up and down and side to side.

"In turn, this causes the breasts' main support system, the Cooper's ligaments, to be put under stress leading to over-stretching.

"Once these ligaments are stretched they never recover and that causes the chest to sag."

Bra maker Shock Absorber has also revealed that when running, women's



breasts will always move in a figure-of-eight motion.

But it's not just high-impact sports that can cause the saggy boobs syndrome.

Medics at Portsmouth University found that breasts move as much during slow jogging as when sprinting. And even

women with smaller chests will be affected by so-called "Cooper's droop".

Pamela, the founder of Sports Injury Scotland, said: "Whether you measure a 34A or a 36F, the supporting ligaments are put under strain when exercising.

"That's why sports bras are

made to fit all sizes of bust and to suit different sports types."

She reckons that a well-fitted bra is definitely an active girl's best friend.

Indeed, an Australian study has found that a good quality sports bra will reduce vertical bounce by 50 per cent.

## Try it on, make sure that it's a good fit



**EXPERT** Selaine Messem

**SPORTS** bras do not last forever - they can handle about 40 washes, apparently - so you might need a new one this January.

If you are starting a new fitness programme in 2014, you should definitely invest in a sports-specific bra.

Selaine Messem, the owner of online sports bra company LessBounce, said: "First, it's essential that you buy exactly the right size of sports bra.

"Get yourself measured or we have a service where you can call

us with measurements. Then choose the right type of bra for your sport. Higher impact bras give better support across a wider range of sports."

Selaine also advises fitness fans to take a close look at the bra they plan to buy: "Try on the bra and see if it supports you from above, around the chest and at the sides.

"And make sure the bra straps won't slip when you move about." Sports bras for ladies with bigger chests will normally include more "engineering". Most larger sizes

have underwiring and shoulder pads built into the straps for extra support and comfort.

Also, look for moulded and seamless cups to prevent rubbing. Side or front fastenings, rather than a back clasp, are important if you will be doing floor exercises such as sit-ups. And ideally, they should be made from a material that allows sweat to wick away.

Selaine said: "A sports bra should be comfortable but also offer a fit that will keep your chest in the right place."