

## Signs that you've found the perfect fit...or not!

Band size, cup size and style all play a part in a perfect fit. A good fit will have the underband firmly anchored around the body, level at the front and the back. If the band is riding up in the back and not parallel to the floor, the band is too big and can't do its job of supporting the breasts. The shoulder straps should be comfortable and not be digging into your shoulder (it's not their job to carry the weight of the breasts!).

As for the cup, underwires should sit flat against the chest wall and completely contain the breast. The cup should not squeeze the breast out of the top of the cup (creating a double-boob effect).

The style of the bra can help, too. Make sure you like the way the straps are set — farther apart vs. more centered on the cup, wide vs. thin straps, wide back strap, ballet back — and pick a fabric that feels “barely there” on your skin.

### TIP!

Trying on a fitted solid color t-shirt (like hot pink) over the bra helps you see things you don't want to see. It's an easy way to find out if the bra gives your breast a weird shape, decorative parts press through the fabric, nipples are visible, or the color doesn't blend in well.



### Great starter models:

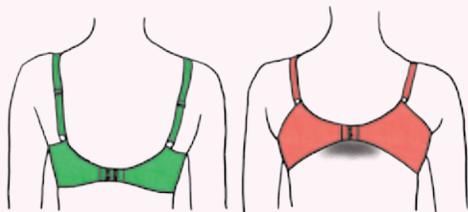
Soft, stretchy bralettes are great for newbies. Slightly padded wire-free styles are also perfect for getting comfortable with wearing bras. And they cover nipples super well! “Full coverage” and “minimizer” bra styles are a good choice for large breasts.

*(The ladies at Basics Underneath love brands like Miel and Wacoal.)*

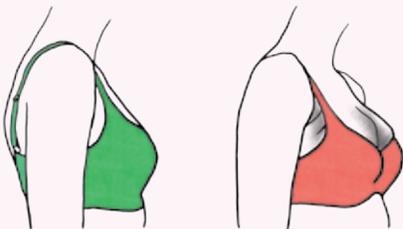
### Sports bras:

Sports bras support the breasts during any activity where bouncing is involved. A good sports bra will make PE so much more tolerable (maybe even enjoyable ;)). There are pullover styles that come in small, medium and large sizes. Larger breasts call for cup sized sports bras. The right sports bra will let you move without the bounce!

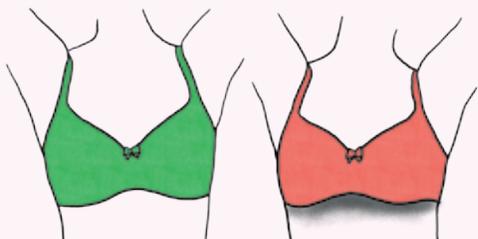
## GOOD FIT / BAD FIT



- ✓ The underband is firm, but not uncomfortable
- ✗ If the underband is riding up, the band size is too big



- ✓ The breasts are totally encased within the wire, which should sit flat against the body
- ✗ If the wire digs in at the underarm or the bust is bulging over the cups, a larger cup size is necessary



- ✓ Wires should stay close to the chest and the bra should stay in place when the arms are lifted
- ✗ If the wires lift under the band when arms are raised, a smaller band is required