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Sports Bras

You all know that I believe running is a great form of exercise—for burning calories and getting fit, nothing is better. However, I think many women avoid running because of breast pain from the unavoidable bouncing while running. Research also shows that a woman may resist running because of how she thinks she looks while she runs. Either way, as the size of a woman's breasts increase, her willingness to run decreases. But there may be a solution.

In a recent Australian study, women ran on treadmills with a typical bra, a sports bra, and an experimental bra (1). Sports bras use compression to hold the breasts securely. The difference was that the experimental bra also had cups to provide additional support. While the experimental bra was rated slightly higher, both types of bras were clearly favored over a traditional bra while running. The message? You can run if you want to, ladies, even if you have larger breasts. You just have to provide the right support.

To that end, check out X-Chrōm Sports Bras in the **Friends** section of my website. When it comes down to it, it's all about the fit. Lisa Sorrentino, who refers to herself as the Head Boob, has put together a great website to help you get the best possible fit in a sports bra. No excuses, ladies. If your breasts can take it, running is a great way to exercise. And even if you walk or lift weights or dance, the right breast support makes exercise more comfortable. As Paula says, gravity's the devil—you've got to fight it constantly.

What are you prepared to do today?

Dr. Chet

Reference: MSSE. 2010. 42(7):1333-38.

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