



August 8, 2011 – Grand Rapids, MI

Defy Gravity

It's no secret that I'm a runner, and I get many ideas for messages while I'm running by observing others. Recently, I've noticed that some women run with their arms too close to their chest; arms should swing naturally forward and back to counter-balance the running movement of the legs. In a few cases, the women weren't doing that, and I think I know why. They felt that their breasts were bouncing too much, and they were trying to cover them up or steady them.

It seems like I write about this topic about once a year, and it's an important one. I think more women would run and exercise in general if they felt comfortable about their breasts. Bouncing has to be uncomfortable, could be embarrassing, and certainly affects the connective tissue that supports the breast. It's not just about how you look now, ladies, it's what you're going to look like in 30 years. Gravity is after you every moment of every day, and there's no point making gravity's job easier by running without a bra.

If you haven't had a bra fitting in a few years or your weight has changed since your last fitting, "woman up" and go get it done, because the first step is to wear the correct bra size. If you can find a professional fitter who's experienced with sports bras, that's great.

But if you feel you need some help, 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—it's got to be comfortable as well as supportive. 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. Check it out so you can get moving in comfort and defy gravity later in life.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** ***Straight Talk on Health***

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC