

Women's Health

IT'S GOOD TO BE YOU™

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"pulled together but not strapped in."

S-L, \$35,
nordictrack.com



of her usual post-workout breast pain.

C-D, \$48,
isisforwomen.com

grows one cup with each generation, and today it's 34D), bra makers have responded. Here, our expert, Susan Nethero, picks her five favorite plus-size brands:

Bendon

Strong straps prevent movement, and multiple layers of mesh allow breathability.
freshpair.com

Goddess

They're antimicrobial, with firm bands and structural support.
justmysize.com

Anita

These bras feature added seams for support.
laurensilva.com

La Breeza

They have moisture-wicking fabrics and go up to a G cup.
biggerbras.com

Lunaire

These bras go up to a G cup and have encapsulated cups.
barenessities.com

MYTHBUSTER

Will your bra give you breast cancer?

Getting cancer from a tight underwire bra is an urban legend spun wildly out of control. The theory: Wearing such a bra could trap fluid from the upper lymph glands (the stuff that filters out toxins) in the breast tissue. But most of the fluid drains through the chest wall and armpit, not under the breast. No studies support a link between breast cancer and bras, says Marisa Weiss, M.D., president of breastcancer.org.

c-d cup

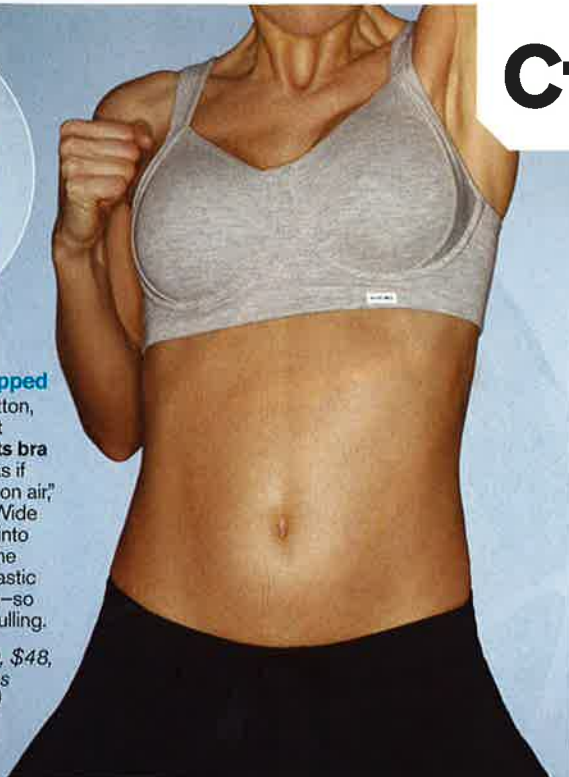


Air Ride-Equipped

Made of lush cotton, the **Natori Sport underwire sports bra** makes you feel as if "your boobs are on air," our tester said. Wide straps don't dig into shoulders, and the hardware and elastic are hidden away—so no pinching or pulling.

32B/C-40DDD, \$48,
at Intimacy stores
(877-224-4287)

MEDIUM IMPACT



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Shock-Proof

The **New Balance camisole bra top** has a nifty internal stabilizer to absorb shock and adjustable Velcro straps with extra padding to prevent annoying in-

32B-40D \$45,
newbalance.com



HIGH IMPACT

Know When to Hold 'Em

The **Anita molded sports bra's** outer cups separate while retaining your breasts' natural shape; inner cups are lined with non-chafing micro-fiber. Triple clasps give an extra-secure fit.

32B-44C, \$59,
herroom.com and
myintimacy.com



HIGH IMPACT

Ironclad

Our full-busted tester said "breasts have no chance of moving" in the **Bendon Sport Max Out Technical Support bra's** molded cups. With its satiny feel, you may want to wear it when you're not in workout mode.

34B-40DD, \$55,
freshpair.com

KEEP IT
CLEAN,
GUYS

A good shvitz does wonders for your body, but for your sports bra? Not so much. The chemicals in sweat break down Lycra, making it more likely to droop under pressure. To extend your bra's lifespan, launder it after every workout: Hand-wash it in cool water with either a mild soap like Forever New (forevernew.com) or Ivory Snow. For odors, try Fabric Fresh (thelaundress.com). If you do toss it into a machine, use the gentle cycle and enclose it in a net bag with the bra's hooks fastened. To dry, always hang it up or lay it flat; dryers ruin elastic.



Which one do you love? Share your favorite sports bra with us at womenshealthmag.com/soundoff