



Don't Droop! Support your Boobs...

Here's the science bit!

Coopers Ligaments help hold the breasts up. They are thin bands interwoven into the breast and are not very strong. If the breasts are not supported properly with a good sports bra then repetitive bouncing from high intensity exercise such as aerobics, running, playing sport can stretch the Coopers ligaments permanently.

What can you do about it?

- Wear the correct sports bra for activity and sport. This should give support and prevent vertical movement as well as side-to-side movement (see suppliers' details below).
- 'Breast droop' is irreversible so prevention is better than cure. For back pain, try to maintain correct posture with chest lifted gently and the shoulders sitting down the back. Pilates might help you to improve your postural muscles and also your breath control
- Regular massage from a qualified massage therapist is a great way of reducing the tension and picking up on any niggles, particularly in the muscles of your back, shoulders and neck.

Where do you find a good sports bra?

- M&S now have a good range of bras from ones suitable for low impact exercise up to high-tech bras for high intensity and impact work. Why not get yourself measured while you're there?
- Less Bounce is an excellent resource and a wonderfully named company! They have a good range of bras and other clothing and there's never any hassle exchanging items. www.lessbounce.com
- Bravissimo is particularly good for those of us who are well-endowed. Not the cheapest but certainly combining femininity with practicality! www.bravissimo.com
- Sweaty Betty is a wonderful company and should get the prize for the most apt name! Whole range of lingerie, fitness wear and more. www.sweatybetty.com