

EXERCISE TIPS

Importance of breast support for women exercisers.

Due to vigorous up-and-down and lateral breast movement that occurs during jumping and running activities, it is important that women wear bras that fully support their breasts. This is especially important for large-breasted women. A good support bra can reduce discomfort and distraction during such physical activities. Adequate support also reduces damage to the Cooper's ligaments. Damage to these ligaments can cause premature sagging of the breasts.

Another problem encountered by female exercisers is a condition called runner's nipples. This is an abrasion caused by the constant friction from the jogger's shirt. A good bra prevents this, as well as a condition called bicyclist's nipples, in which the nipples become painful because of the combination of sweat, evaporation and wind chill.

Researchers believe that the characteristics of the ideal sports bra depend on a woman's weight, breast size, her physical activity, and what feels comfortable. Sports bras should be made of, A material that is breathable, Minimal amounts of elastic, No seams directly over the nipple area, Comfortable support under the breasts that prevents the bra from rising during activity, and Non-elastic straps that prevent the straps from slipping off during activity.

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