

Title:

70 - 80% Of Women Do Not Wear The Right Size Bra!

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Summary:

Every woman knows the difficulty involved in finding the right bra. Questions like What cup Size are you now? What style do you require? Seem to never end!

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Article Body:

Every woman knows the difficulty involved in finding the right bra. Questions like What cup Size are you now? What style do you require? Seem to never end!

Well...First and foremost it is essential that you know your correct size. A badly fitting bra can lead to back problems, muscle tension, and even headaches. If you are in your teen years, the strain caused by a badly fitting bra can lead to permanent problems with posture and even back pain. So that's why teens should be fit by a bra expert at least twice a year or even after every noticeable growth pattern.

Your first consideration should be the reason you need the bra; is it for athletics, coverage, comfort or support? There are different types and styles of bras made for specific types of bodies and physical activities. Although it would be nice, no one bra can do it all; you have different bras for different jobs. A Sexy bra for those intimate private moments or a Sports Bra for when you want to perform arduous exercise.

First Bras

Training bras are for younger girls who have just started to develop breasts and are not able to fit into standard size bras. Age is not the concern, rather its getting the right fit and support for your breast size.

Wireless Bras

Light support or wireless bras usually have no Underwire and are sometimes the

preferred choice for those with smaller breasts. They are less constricting and more comfortable than full support bras. As they are wireless they offer less shaping and more freedom than other bras. You can find the padded and unpadded variety; what you choose is a matter of personal preference.

Underwire Bras

Full support or underwire bras usually have an underwire or plastic boning holding them up. It doesn't matter what breast size you are, however it is a must for those with larger cup sizes. They also are available in padded or unpadded varieties.

Push Up Bras

Sometimes referred to as padded bras and more famously attributed to the Wonderbra. They lift the breasts and add more shape to them with extra padding. There are some more innovative versions around that use silicone inserts or water sacks to enhance your look even further. They are known to "lift and separate" the breasts, creating a full cleavage and most importantly offer lots of support.

Plus Size Bras

Plus size bras have finally found a home away from the unsightly bras of yesteryear to the sleek and sexy bras of today. From sports to sexy to your everyday bra, plus size bras are now available in many styles and brands. You can get extremely feminine lacy plus size bras, or bras finished in satin, silk, lace and cotton, under wire and strapless bras.

Sports Bras

Probably the least flattering and sexy in the bra family but ironically the most important one for growing teens to have. As well as offering full support, they also stop the breasts from moving during strenuous activity. The tissue in your breasts is very delicate and growing tissue especially needs to be protected during high impact exercise.

Nursing Bras

Your breasts start changing shape from the fourth month of pregnancy. As a result, most women find their previous bra too small. Purchase a nursing bra close to your due date or shortly after your baby arrives, because your breasts will grow larger toward the end of your pregnancy and when milk comes in.

Consider buying a bra that has flaps and can be opened and refastened easily. Since milk leakage is inevitable, it also makes sense to buy nursing pads to protect both your bra and clothes. It is always better to buy 100% cotton bras, as cotton is a breathable fabric. Synthetic fabrics trap moisture and encourage bacterial growth and soreness.

Mastectomy Bras

These types of bras are designed with pockets in the cup area to hold a breast prosthesis. There is a wide range of styles and colors available. The silicone breast prosthesis simulates the natural breast with regards to its shape and weight. The prosthesis's main advantage of is that it provides symmetry and balance to a persons body, who has survived from breast cancer. Wearing the right prosthesis is primarily important to your ultimate comfort level. With a superior fitting prosthesis, and a well-made and fitted mastectomy bra, you in turn will help to balance your posture and provide fortification for your chest and breast cancer scars.

Now you know the importance of the bra and the many types available, you should know firstly what size you need and how to determine that size. The following article gives you an insight into how to measure your self and the importance of a well fitted bra.