



## BENEFITS OF WEARING A WELL-FITTED SPORTS BRA



Reduces movement-induced breast pain

Lowers the risk of breast sagging



Prevents neck and back pain

Does not slide as you move, ensuring comfort



Does not dig into the skin, improving mobility

Allows you to focus on your performance



Facilitates a bulge-free aesthetic look

Prevents discomfort that could distract from the sport



Reference:

1. How A Well-Fitted Sports Bra Can Reduce Breast Pain? - Torbay Council