

IT'S GOOD TO BE YOU™

Women's Health

APRIL 2008

YOUR *TOTAL* MIND/BODY WORKOUT

BUILD ENERGY,
CONFIDENCE &
STRENGTH—FAST!

Break Your **Sugar Habit**

Got 10 Minutes?

Healthy Recipes
to Make Tonight!

Best New **Sports Bras**

Shop Smarter!

Save Money, Time & Sanity

**Eco
Alert!**

**Last Chance
Adventures**

17 Places You've *Gotta* See
Before They're Gone!

**Beauty
Bonus!**

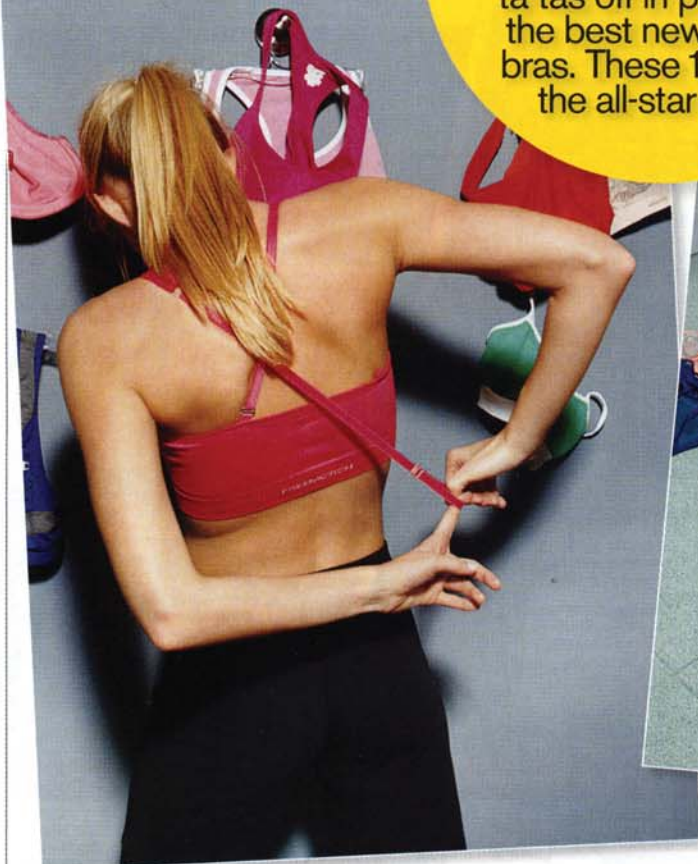
**50
WAYS
TO LOOK
GREAT IN
UNDER A
MINUTE!**

p.162



WH TESTS IT
**bust
a move!**

» We sweated our ta-tas off in pursuit of the best new sports bras. These 18 made the all-star team



A sports bra should perform like the perfect boyfriend: hug you close, get physical when you want, and provide plenty of unconditional support. This season, thanks to cutting-edge engineering, space-age fabrics, and ingenious design details, you're bound to find the perfect match. We ran dozens of new sports bras through their paces to bring you our favorite athletic supporters. »

STYLING: VICKY MCGARRY; HAIR AND MAKEUP: RENEE MAJOUR/J. BENNETT; PROP STYLING: PHYLLIS ASHER. CLOCKWISE FROM TOP LEFT: NIKE BRA; COUTURE ACTIVE WEAR/BRA; PREEMPTION BRA.

RULES OF SPORTS BRAS

Follow these tips from Susan Nethero, founder of My Intimacy stores (myintimacy.com):

1. Look for bras that encapsulate each breast in a separate chamber; they reduce bounce and support better than simple shelf bras.

2. Try to find sports bras that come in cup and band sizes rather than just small, medium, or large; they usually fit more precisely.

3. Look for strategically placed seams and stitching, which help cushion the breast. [Hate bumpy ridges under a fitted tee? Companies like Isis, Asics, and Champion make seamless bras.]

4. Pick high-performance fabrics that wick away sweat to minimize chafing (look for CoolMax or Double Dry).

5. Own a variety of sports bras, and when in doubt, choose a higher-impact bra for a lower-impact sport—never the other way around.

6. Get fitted by an expert. You can find bra fitters at most department stores or lingerie shops.

7. Before buying, jump, swing your arms, and move around. If a bra pokes, rubs, slips, jiggles, constricts your breathing, or bulges, put it back. Also, it should fit on the first hook; as it loses elasticity over time, you'll need room to tighten it.

8. Rotate your bras and wash them regularly so you can get at least a year's use out of each one.



LOW IMPACT

Eco Chic

Our tester, a yogini, designated the **Patagonia Active Mesh bra** her "go-to choice for low-impact activities." Pretty floral graphics in front and supportive straps that contour to a slimming V in back guarantee unobstructed movement.

XS-XL, \$35, patagonia.com



LOW IMPACT

All the Right Notes

The **lululemon Athletic Flow Y bra with pocket** is the ultimate overachiever: A mesh insert wicks sweat from your upper back, flat seams eliminate chafing, and a secret iPod pocket keeps hands free.

2-12, \$42, lululemon.com

a-b cup

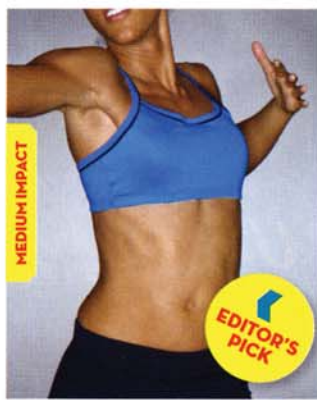


MEDIUM IMPACT

Cheery-O!

In an array of vivid colors and a sleek racerback design, the **Champion Shape cami sports bra** just begs you to pull a Brandi Chastain. Our tester raved about the "fabulous fit," and the moisture-control band kept her dry.

32A-38C, \$31, championusa.com



MEDIUM IMPACT

Fab Figure

No more "meet the pancakes." Our tester, who compares her chest with a 12-year-old boy's, declared the **Moving Comfort Alexis bra** "the Wonderbra of sports bras!" The cups are lightly padded to prevent "highbeams."

32A-38B, \$34, movingcomfort.com

EDITOR'S PICK



HIGH IMPACT

Dry, with a Twist

Our fussiest tester loved the **Lily of France in Action sport underwire bra**. The breathable fabric sucked up moisture like a sponge, and the underwire "disappeared into the supportive structure with no discomfort."

34B-38DD, \$30, shoplilyoffrance.com



HIGH IMPACT

Place Keeper

Not even a two-hour trail run could budge the **Bestform High Impact Double Santi crop bra**. Our tester never had to readjust. The secret? A stay-put ribbed band, no-slip straps, and chafe-safe microfiber.

34-42, \$15, bestformintimates.com

LOW IMPACT

cross-country skiing, hiking (easy terrain), inline skating, meditation, Tai Chi, walking, weight training, yoga

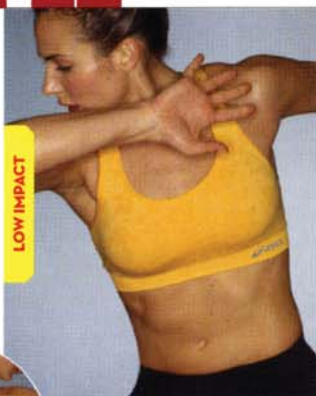
MEDIUM IMPACT

cycling, downhill skiing, elliptical training, golf, hiking (rough terrain), most martial arts, rowing, snowboarding, spinning, stair climbing, tennis

HIGH IMPACT

basketball, boxing, horseback riding, mountain biking, racketball, running, soccer, volleyball

NOTE These are general guidelines; your needs may differ depending on how intensely you work out.



LOW IMPACT

Living Color

The **Asics Renah seamless bra**, available in four high-volume colors, looks good anywhere. Our tester said: "I'd totally wear this without a shirt." Quick-dry fabric controls sweat. Spandex hugs the body (our tester even wore it to bed!).

S/M, M/L, L/XL; \$38; asics.com



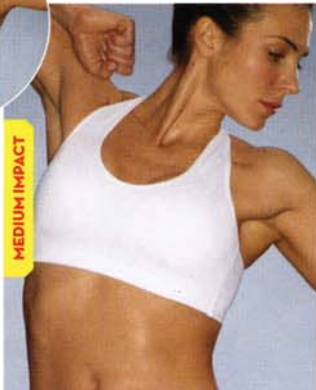
LOW IMPACT

EDITOR'S PICK

A Full Tank

The ingenious **Champion Powerlite Empire Tech tank** has a double-layer bra for extra holding power and an empire waist that svelte-ifies anyone. Tip: Avoid activities that turn you upside down unless you like flashing your tummy.

S-XL, \$36; championusa.com



MEDIUM IMPACT

No Shake with That, Please

Our tester swears the **Saucony Motion Sensor bra** is "the only bra I'm comfortable wearing in front of guys at the gym." Built-in cups, made of a stain-resistant stretch polyester-spandex blend, hold you firm.

32B-40DD, \$45, saucony.com



MEDIUM IMPACT

No Sweat

Bring on the humidity! Stay dry this summer in the lightweight **CW-X Ventilator support bra**. Mesh vents below the bustline and between the breasts keep you cool, and star-shaped webbing in the cups reduces jarring and bouncing.

32B-36C, \$50, cw-x.com



INVEST IN YOUR CHEST

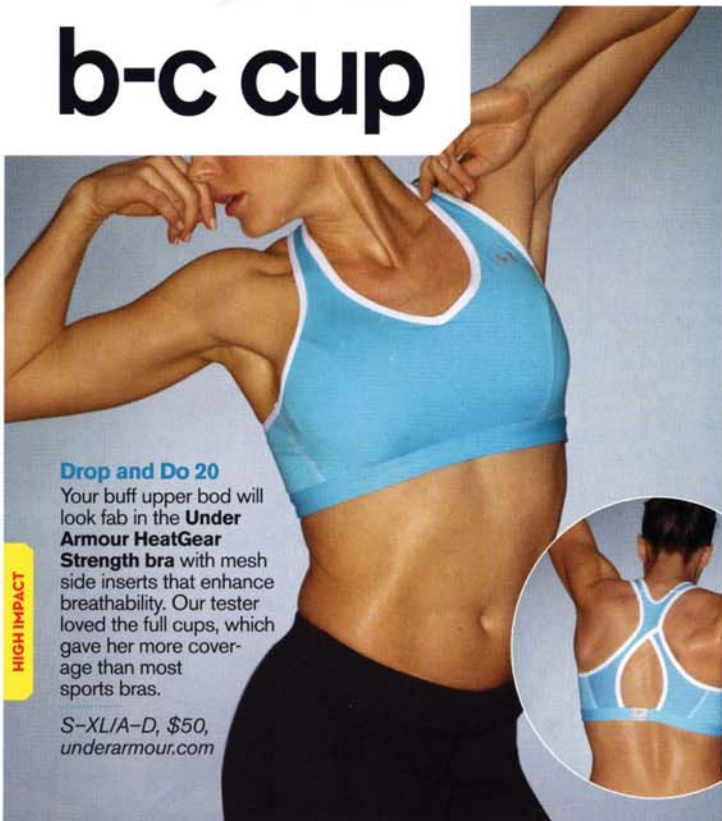
Did you know your body has its own built-in bra?

Your breasts, which are made of fat, milk ducts and lobules, connective tissue, lymph nodes, and blood vessels, are attached to your chest by thin, delicate bands called Cooper's ligaments. Woven throughout the breasts, the Cooper's ligaments keep the breasts standing at attention. But, like a rubber band, they wear out. And intense bouncing and movement stretches them out even more. The result: premature grandma boobs. **Because you can't rebuild ligaments the way you can increase muscle mass, exercise will not reverse the damage once the sag has set in.** All the more reason to shell out some coin on a well-constructed, properly fitting, supportive sports bra.

What Goes Up...

A new study from the University of Portsmouth, England, has found that breasts fly as much as eight inches up and down—yowch!—regardless of size. They also go in and out and left to right in a sort of figure-8 pattern. Intrigued? **Check out the bounce-o-meter (no joke!) at shockabsorber.co.uk/bounceometer.** Click on your cup size and activity level, then follow the bouncing boobs.

b-c cup



HIGH IMPACT

Drop and Do 20

Your buff upper bod will look fab in the **Under Armour HeatGear Strength bra** with mesh side inserts that enhance breathability. Our tester loved the full cups, which gave her more coverage than most sports bras.

S-XL/A-D, \$50, underarmour.com



HIGH IMPACT

Black Beauty

Even an intense cardio workout couldn't shake our tester's love for the **Shock Absorber Support Level 3 sports bra**, with a protective layer in each cup for support.

32B-40F \$42, figleaves.com

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PLUS-SIZE SOLUTIONS

If you're a 46DD and think you're doomed to a lifetime of layering bras or enduring black-eye jokes, think again. As the average bra size has increased (it 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. bare necessities.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.



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



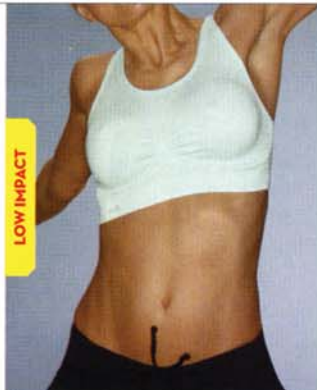
LOW IMPACT



Full Package

The built-in shelf bra of the **FreeMotion Fitness Sport Tank 5.6** keeps you locked and loaded while the seamless stretch fabric construction hugs your curves. Our tester said you'll feel "pulled together but not strapped in."

S-L, \$35, nordictrack.com



LOW IMPACT

Technical Support

Uniboob begone! The **Isis C/D bra**, with its encapsulated double-layer cups, "felt like it was supporting me rather than smashing me down," our tester said. Bonus: none of her usual post-workout breast pain.

C-D, \$48, isisforwomen.com

c-d cup

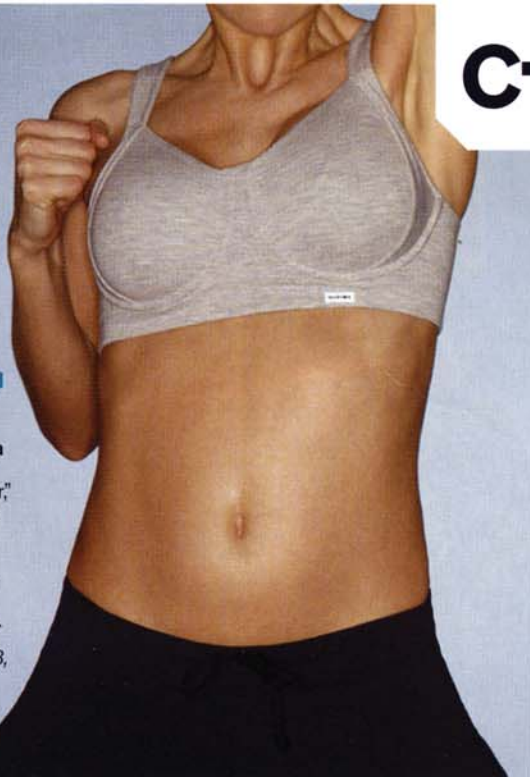


Air Ride-Equipped

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



MEDIUM IMPACT

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 indentations.

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



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 \(forevernew.com\)](http://Forever New (forevernew.com)) or Ivory Snow. For odors, try [Fabric Fresh \(thelaundress.com\)](http://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.