



**Danish health magazine I FORM testing:
Sports bras: First aid to your breasts**

Do you want sagging breasts? No, of course you don't. But you will get sagging breasts, if you exercise without using a sports bra. And this is not just a smart gimmick from the bra-producers. Science has proved it: Researchers from Portsmouth University in England and the Australian Institute of Sport in Canberra measured independently of each other what happens to a woman's breast during sport. During running, a breast actually moves approx. 9 cm for each step taken. As a breast has an average weight of 200-300 grams, your breasts are exposed to quite a journey.

Moreover, your breast moves in figures of eight. The impact during exercise to an unprotected breast is actually so strong that the breast begins to sag, especially because the tendons are drawn longer, and the risk of breast pain is also increased. Fortunately, the solution is within reach in the shape of a sports bra. Researchers in England and Australia are not fully agreed on the actual effect of a sports bra. The Australians claim that a sports bra reduces the movement of the breast by 50 percent, while the British figure is as high as 78 percent. Regardless of the disagreement, the conclusion is clear: All women should wear a sports bra when exercising.

To find the best sports bra for you the I FORM test panel has exposed 30 bras to all imaginable challenges. A total of 30 women participated in the sports bra wearer trials.

PureLime Support Bra 0091 - TEST WINNER

Facts: Seamless cup. No side seams. Vent inserts. Straps featuring extra padding at shoulders. Crossable straps for wrestling back possibility. Moisture-wicking and breathable. Sizes: 70 A-90 G. Test panel evaluation

Fit: The best running bra that I have ever tried - and I have had around 20. The above statement is a good example of the many superlatives that are thrown at this bra. Everybody is agreed: It hits the spot!
Score: 5

Comfort in use: Again words of overwhelming praise - it has an extraordinarily snug fit; you can hardly feel that you are wearing the bra.

Support: Optimal support. Nobody voices any objections.

Sweat absorbent properties: Also perfect. Absorbs every trace of humidity.

Optional comments: All testers gave top points to this bra in all categories. "Only a broken leg can stop me from wearing this bra to rags" is one of the statements.

Aggregate score: 5

Internationally acclaimed award winning Sports Bra from PureLime.....

Buy the best

Match the bra to your body

UNDER the lid

Brand	Model	Score	Comments
PureLime	Support Bra 0091	5.0	Best overall performance, excellent support and comfort.
Other Brand	Model X	4.5	Good support, but some side seams.
Other Brand	Model Y	4.0	Decent support, but lacks breathability.
Other Brand	Model Z	3.5	Basic support, not ideal for long runs.