

BRAS FOR GIRLS

THE STRAIGHT SCOOP
ON HOW TO CHOOSE AND FIT
YOUR FIRST SPORTS BRA



WE BELIEVE...

GIRLS + SPORTS

= A BEAUTIFUL
WORLD

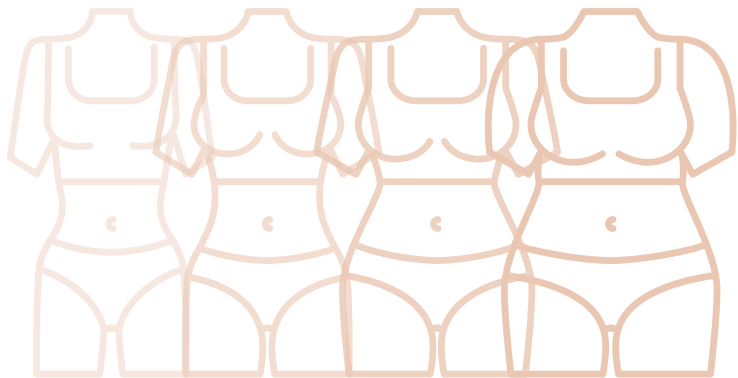


IT FEELS GOOD TO MOVE YOUR BODY!



SPORTS CAN MAKE YOU FEEL
**POWERFUL, HEALTHY, HAPPY,
AND CONNECTED.**

AS YOU GROW, MOVING YOUR BODY
CAN FEEL DIFFERENT.



GIRLS BODIES CHANGE!

It can take up to 2 years for breasts to develop. Most girls start breast development in elementary school and typically have fully formed breasts before graduating high school. But there are no hard and fast rules!



**BREASTS
ARE THE FIRST THINGS
THAT MAKE YOU
UNIQUELY a GIRL.**



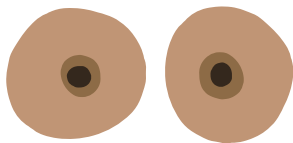
**IT'S NORMAL TO FEEL UNSURE, EXCITED,
AND PROUD ABOUT YOUR BREASTS.**

**EVERYONE HAS MOMENTS WHEN YOU MAY BE
TOTALLY EXCITED ABOUT YOUR BODY, OR THINK...**

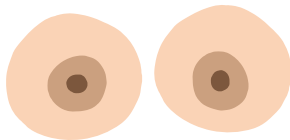
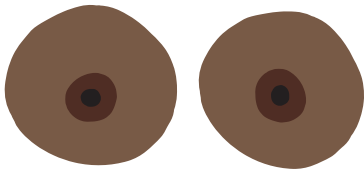


THAT'S OK!
**ALL BODIES ARE HEALTHY
AND BEAUTIFUL.**

**BREASTS ARE
NORMAL!**



**ALL SHAPES AND SIZES
OF BODIES AND BREASTS ARE PERFECT**



**Nipples can be many colors.
Breasts grow separately and are not the same size.**



There is no requirement to wear a sports bra. But here are some reasons you might want to:

**SUPPORT & COMFORT.
TO FEEL FIERCE.
TO WEAR TEAM GEAR.**



**IF YOU WANT TO WEAR
A SPORTS BRA...**

HERE ARE A FEW THINGS TO MAKE
SURE YOU GET THE RIGHT FIT >>>





STRAPS

Not too short or too long

BRA SIZE

Compressive & supportive

CHEST BAND

Should feel snug but not too tight

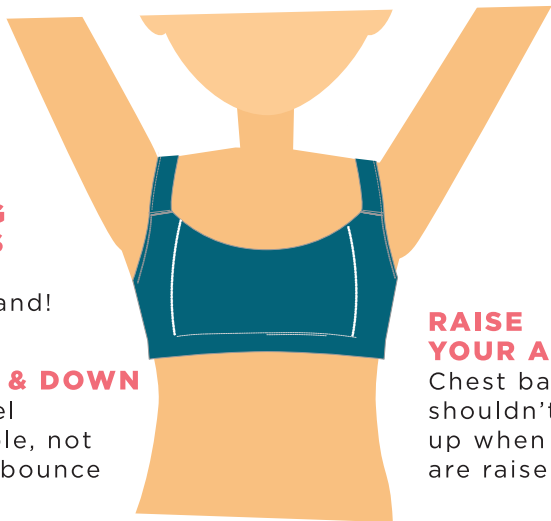


SIZE	2 XS	4 S	6 S-M	8 M-L	10 L	12 XL
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BRA SIZE*	28-30	30-32	32-34	34-36	36-38	38-40
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**BRA SIZE: With a measuring tape, measure your chest circumference immediately under your breasts. This measurement (e.g. 30" or 34") will indicate what size bra to order, per above.*

TEST YOUR BRA!



TAKE BIG BREATHS

Feel your lungs expand!

JUMP UP & DOWN

Should feel comfortable, not too much bounce

RAISE YOUR ARMS

Chest band shouldn't move up when arms are raised

CHAFING OR RUBBING FROM YOUR BRA? OUCH!

This is most common when the chest band is too big.

JUST REMEMBER...

**YOU ARE
AN ATHLETE
IN YOUR
OWN BODY**



ABOUT THE **BRAS FOR GIRLS** PROGRAM

The BRAS FOR GIRLS Program provides information and free sports bras to school girls in need. We believe sports build lifelong confidence in girls and women.

For more information visit
www.brasforgirls.org
or email *info@brasforgirls.org*



@brasforgirlsorg

*Thank you to our founding partner, Oiselle (oiselle.com),
Reebok (reebok.com), and other brands
for supporting the Bras for Girls mission.*

*Bra is not returnable or exchangeable. If your bra does not fit,
please trade with a teammate or spread the love and give to a friend.*