

# UNDERSTANDING HOW A BRA SHOULD FIT

## WRONG

The **band** is too big if:



the straps slide off the shoulders



the band rides up in the back



the band sits low on the back

The **cups** are too small if:



your breasts pop out the top



the underwire digs uncomfortably



your breasts hang out the bottom

You should **get resized** if:



the underwire pushes away



your straps dig in

## RIGHT



A properly fitted bra will be centered across the back with the straps adjusted to the tops of the shoulders or wherever is comfortable.



The proper cup size with a snug band and tightened straps will lift the breasts and create a full, rounded effect. This is because the cup is large enough for the underwire to provide complete containment and support.



The band will be snug enough around the rib cage to support the weight of your breasts.

The underwire will rest where the bottom of your breasts meet the ribcage and the center wire will lie flat against your chest.