

BRA FIT CHECKLIST FOR

midlife women

- Get re-measured by a professional fitter.*
- Try on at least 3 different styles*
- Check band fit: it should sit level around your body*
- Test cup fit: no gaping, no spillage*
- The center gore should lay flush on sternum.*
- Assess strap comfort: resting without digging in*
- Move test: lift arms, twist, bend, sit down*
- Examine your silhouette under a t-shirt*
- Evaluate support: lifted, supported, comfy*
- Buy at least two in your size and style*
- Rotate: Avoid wearing the same one two days in a row*
- Hand wash: protect your investment*

