

It's all about the fit

Posture Fitting

feel, move, look better



Uplift your wellbeing & performance with your optimal bra fit

1

72%

could Feel better



Up to 72% of women experience breast pain but did you know that unsupported breast weight can contribute to neck and back pain?

If you're doing this to support your back, you are not wearing the correct bra



2

12 minutes

to Move better



Enhance sporting & athletic performance, increased stride length has been identified with better breast support, resulting in an improvement in time of 12 minutes for some marathon runners



Improve your performance



3

2 minutes

to Look better



Feel good both about and in yourself. Stress hormones have been shown to increase with just 2 minutes of standing in a collapsed position. A correctly-fitting bra can help to maintain postural gains, improving self.

FIND YOUR WAIST AGAIN!

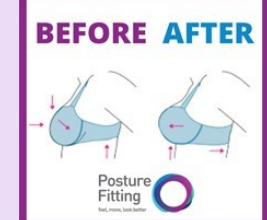


4

4 miles



Up to 21cms of vertical breast bounce has been recorded during sport, with an average female marathon runner's breasts clocking up nearly 4 miles in bounce!



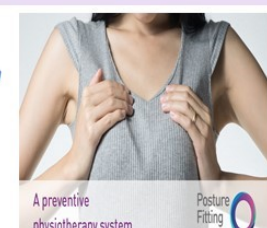
5

73%

impact on girls



73% of 11-18yr old schoolgirls reported a breast-specific concern in sports, 38% being breast bounce, with their breasts negatively affecting their participation in competitive sports or exercise for 46%



6

85% to 100%

are in someone else's bra



Studies & our observations show 85-100% of women, including some who had been shop-fitted, are wearing the wrong bra; this results in poor support, feels uncomfortable and puts pressure on sensitive breast tissue



7

A simple solution



PostureFitting - combining your optimal posture with your optimal bra-fit works better than separately, empowering and uplifting how women feel, move, look



8

Get fitted by a physio



A PostureFitting Physio's professional knowledge of how the human body moves uniquely enhances the bra-fitting process. As health professional's physios understand both the external and internal support given by an optimally-fitted bra in optimal posture



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Empowering & uplifting how women feel, move, look



For more info, visit www.posturefittingphysio.com

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