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# Six Steps to the Right Size Bra

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## Six Steps to the Right Size Bra

By Diane Palmer

Are you aware that 8 out of every 10 woman are wearing the wrong size bra?. But like most of us, we really don't know how to fit one properly, and there are so many makes and so little time to deal with this issue.

But, if you are wearing the right size bra, you can instantly look better, you can even look up to 10 pounds lighter, if its not pinching and snagging. You will stand more erect, and be a much happier person. So, stop carrying the world on your shoulders.... literally!, and get out that measuring tape, and find out your right size.

If you are totally aware of your bra, during your daily activities, then its time to rethink the size. Here is a quick guide to help you, so that you are armed with the right information when shopping.

- 1) For best results, have someone else measure you, to keep the measuring tape straight.
- 2) Take a snug measurement around your rib cage, under your bust and shoulder blades. Write this down, then add 5 inches. example: rib cage = 40" now add 5" = 45".
- 3) If you get an even size in step 2, then this is your band size. If you get an odd number in Step 2, then round it up one inch for your band size which would be 46" in our example. .
- 4) With bra on, and clothes off, take a loose measurement around the fullest part of your bust line. Example" 50"
- 5) To now determine cup size. Subtract band measurement from step 2, from bust measurement in step 4. Example: 50" bust less 45" band size = 5"

Below are the results, as you can see if you had a difference of just 1" then you would be a size A and so on...

6) Determine cup size: 0"/AA 1"/A 2"/B 3"/C 4"/D 5"/DD 6"/DDD & F 7"/G  
8"/H 9"/I 10"/J

In the above example, the person would be a 46DD. .. as 5" difference = DD

This at least will give you an idea of what part of the store you should be in, or if ordering online, you have an accurate measurement. Shopping online for bras is also a good idea, as there are great online specialty bra stores that will carry up to size G, which can be very hard to find in a regular mall store. The mall stores tend to cater to the "average" woman, and that is why we tend to not get the right fitting bra, we will compromise to just get the job done!..

Free yourselves of the pinching and tugging, and get a good fitting bra, it should feel like you are not wearing a bra at all.

[www.amplesizefashions.com/plussizebra.html](http://www.amplesizefashions.com/plussizebra.html) is a website by Diane Palmer

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