

# FashionFORECAST

## Improving Fit A Half A Step At A Time

(NAPSA)—If you're like most women, you're wearing the wrong size bra.

According to some studies, seven out of ten women put up with bra discomfort, strap pulling and adjusting on a daily basis.

Taking a cue from the shoe industry, one of America's leading intimate apparel brands has come up with the idea of 1/2 sizes.

"That's only half the story, however," explains fashion expert and red carpet celebrity reporter Melissa Rivers. "The other half is fashion—there are styles and colors that range from classic to fun and flirty, depending on your mood."

These bras can all be found in the Playtex Thank Goodness It Fits collection, which features sizes from Nearly A to Nearly C. It's the only bra collection with twice as many cups to choose from for a more perfect fit. The bras also feature stay-put straps and options for padding, underwire and wire-free. They're available at department and clothing stores nationwide.

Here are a few more tips to help you have a bra to embrace:

- Try on a bra before you buy it and ask yourself these questions. Does it feel comfortable? What will I be wearing it with? Does it make me look my best in clothes?

- Remember bra sizes change. Get fitted at least once a year. Get fitted again if you lose or gain weight, have a baby, go through menopause or change the amount of exercise you do.

- If breast tissue bulges at the



**Sometimes something as simple as a well-fitting bra can make a big difference in your appearance.**

center, the cup size may not be big enough. Try a bra with more coverage.

- Make sure that the center of the bra lays flat against the breastbone and the bra doesn't ride up in the back.

- If your bra rides up in back, it may be because the straps are adjusted too short or the bra may not be tight enough. You might also try a smaller band size (i.e. a 36 instead of a 38).

- If the bra does not lie flat or the cup wrinkles, it's probably the wrong size. For a better fit, try Playtex Thank Goodness It Fits 1/2 size bra.

You can learn more about how to get the bra fit for you online at [www.playtexbras.com](http://www.playtexbras.com).