

Take Our Bra Quiz

Is it time for a new Bra? Take this quiz & see! If you answer YES to one of these questions, you may be ready for a new bra. If you answer YES to two of these questions, you are most likely ready, and if you say YES to 3 or more, don't wait any longer...give us a call at 613-989-3704. **At Healthy Bra Boutique fittings are always FREE!**

1. Has your weight changed since you bought your last bra? If your weight has changed 10 pounds or more, and the middle hook just isn't doing it any more, you may need a new fitting and a new bra, or an extender. If it's 20 pounds or more, you probably changed band size and should come and see us. At 35 pounds you possibly need a cup size change as well and are definitely no longer wearing the proper bra size.
2. Is your bra riding up the back? Chances are you are not getting enough support, and/or the band is too big. Most women buy a bigger band size when what they really need is a bigger cup size.
3. Has it been more than 12 months since you last purchased a bra? If you have been wearing the same bra for a year or more, unless it is a Jeunique bra, it has lost most of its elasticity and what little support it did give.
4. Check the mirror, front and side in your current bra. Is your breast closer to your elbow than your shoulder (it should be half way)? If so, you are not getting the support you need.
5. Is the underwire poking into your skin or out of the fabric? That's a sure sign you need to replace your bra.
6. Are you pregnant or nursing? It's important to get yourself a good support bra before those stretch marks start to appear. And our bras are great nursing bras.
7. Is there a special occasion coming up? You have a wedding or an anniversary, you're taking that special cruise or vacation and there'll be lots of photos taken...you really want to have a youthful look and make that new outfit look even better...get your personalized bra fitting before you dress shop!
8. Have you stopped or cut back on some exercise routines because it is too painful to your breasts? Your current bra is not giving you the support and direction that you need. With a properly fit bra, there is no jiggling or bouncing when exercising and no pain!
9. We hate to ask, but does your bra have holes, frayed straps, broken hooks or broken underwire? You know if you answer yes to this one you really are past due for a bra fitting.
10. Have you ever had a rash, or itching under your breast area or on your upper abdomen? Often caused by perspiration being trapped under breast tissue that is not properly supported to allow air flow under the breasts. Our bras will lift the tissue up from that area allowing air to flow and reducing perspiration buildup that may cause irritation.
11. Have you experienced back, shoulder, or neck pain after wearing your current bra all day? Chances are you are not getting proper support and the weight of the breast tissue is all on the shoulder straps causing discomfort.
12. Has your breast tissue ever slipped out of your bra slipped up when reaching or stretching upward? Your bra is not fitting securely against your body under the breast tissue. Our bras won't let that happen.
13. Does your cup "runneth over"? That's a sure sign of a misfitting bra.