

WORD SEARCH

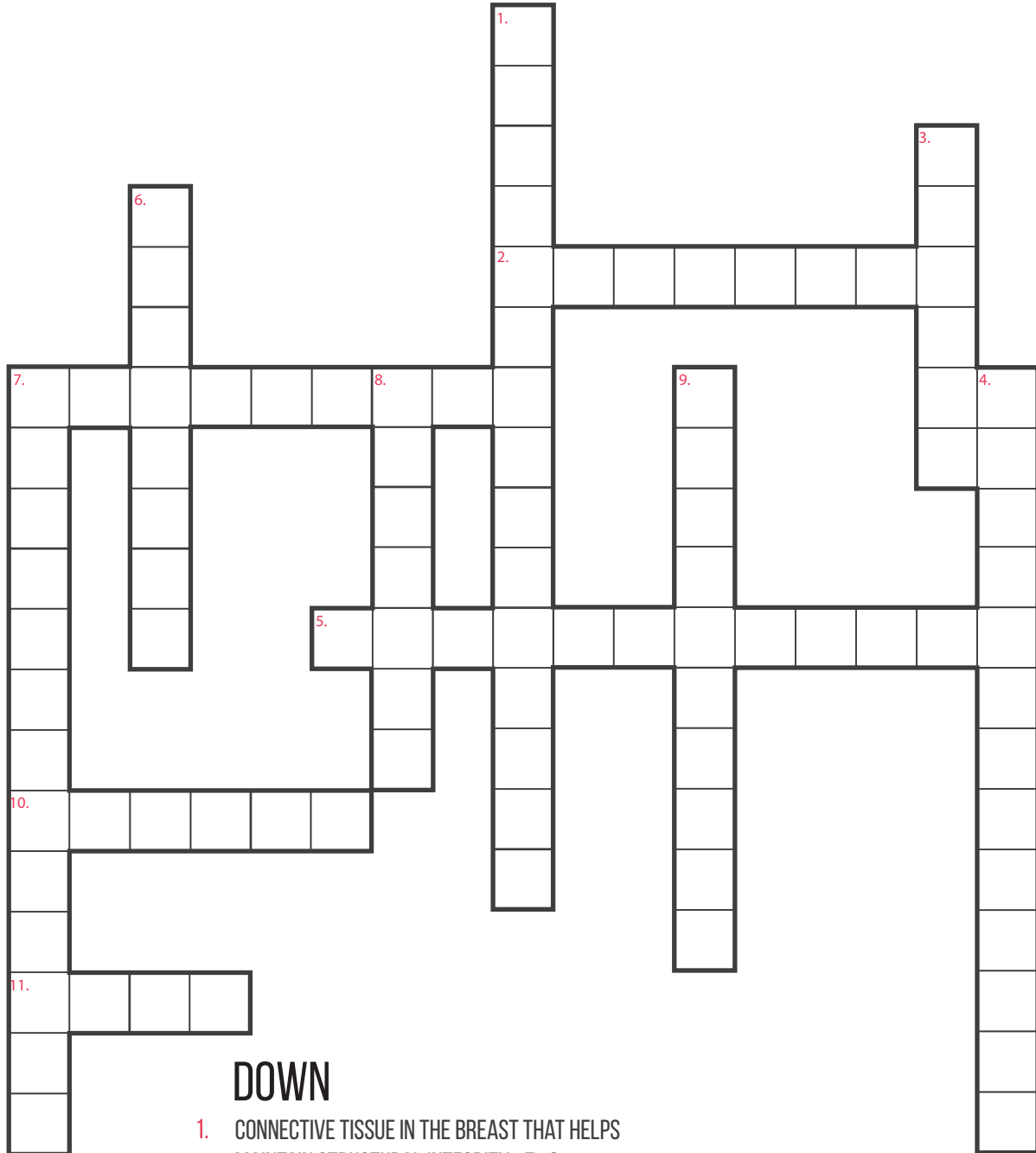
SPORTS BRA WORKSHOP

B	R	E	A	S	T	H	E	A	L	T	H	A	Z	A	X
A	I	Q	E	L	A	S	T	I	C	I	T	Y	I	S	Y
W	E	R	T	Y	U	S	A	M	A	S	E	A	U	R	N
U	I	A	O	P	L	A	E	A	B	P	X	C	P	O	O
S	H	P	P	R	A	S	C	V	C	O	M	F	O	R	T
C	D	O	I	T	F	G	O	H	I	R	J	K	L	R	N
I	R	G	C	Z	U	X	M	C	V	T	A	B	N	U	I
T	R	M	P	K	O	S	P	I	U	S	C	Y	T	N	M
S	E	F	D	S	E	A	R	Q	W	B	E	A	R	N	D
A	C	N	G	H	J	Y	E	K	L	R	M	N	B	I	A
N	Y	E	N	C	A	P	S	U	L	A	T	I	O	N	B
M	C	J	H	I	G	F	S	D	S	A	Z	X	C	G	V
Y	L	K	L	P	S	O	I	U	Y	T	R	E	W	Q	A
G	E	T	R	V	J	P	O	F	O	O	T	B	A	L	L
U	D	C	O	M	B	I	N	A	T	I	O	N	I	E	A
E	D	T	X	F	S	U	S	T	A	I	N	A	B	L	E

- | | | | | | | | |
|----|------------|-----|---------------|-----|------------|-----|---------------|
| 1. | APTUS | 6. | ELASTICITY | 11. | RECYCLED | 16. | RUNNING |
| 2. | SPORTS BRA | 7. | SUSTAINABLE | 12. | HOCKEY | 17. | BADNMINTON |
| 3. | COMFORT | 8. | ECO | 13. | TENNIS | 18. | COMPRESSION |
| 4. | SUPPORT | 9. | ACTIVE | 14. | FOOTBALL | 19. | ENCAPSULATION |
| 5. | GIRLS | 10. | BREAST HEALTH | 15. | GYMNASTICS | 20. | COMBINATION |

CROSSWORD

SPORTS BRA WORKSHOP



DOWN

1. CONNECTIVE TISSUE IN THE BREAST THAT HELPS MAINTAIN STRUCTURAL INTEGRITY. 7, 8
3. DARK CIRCLE THAT SURROUNDS THE NIPPLE. 6
4. MAINTAINING THIS CAN HELP REDUCED YOUR CHANCES OF GETTING CANCER. 7, 6
6. CHEST MUSCLE. 8
7. SUPPORT THE BREAST MAKING IT FEEL FIRM. 7, 6
8. SPORT PLAYED BY TWO TEAMS OF SEVEN PLAYERS. 7
9. SPORT WHERE YOU DRIBBLE A BALL. 10

ACROSS

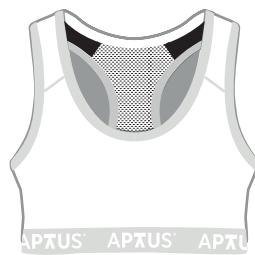
2. HELPS MAINTAIN PHYSICAL FITNESS. 8
5. HELPS TO MAINTAIN GOOD HEALTH. 8, 4
7. THE BREAST IS MADE UP OF THESE. 3, 6
10. RACKET SPORT. 6
11. COVERS THE ENTIRE BODY. 4

APTUS MAZE

SPORTS BRA WORKSHOP



START HERE AND COLLECT ALL THE GOODIES ON
YOUR WAY TO YOUR APTUS SPORTSBRA!



APTILS

QUIZ

SPORTS BRA WORKSHOP



TEST YOUR BREAST HEALTH AND SPORTS BRA KNOWLEDGE WITH THIS QUIZ

1. WHAT ARE THE THREE TYPES OF SPORTS BRAS?

2. WHAT IS THE LIGAMENT IN THE BREAST CALLED?

3. NAME THREE THINGS THAT YOU CAN DO TO PREVENT BREAST CANCER?

4. CAN USING DEODORANT GIVE YOU BREAST CANCER?

5. WHAT IS THE AVERAGE BRA SIZE IN THE UK?
A. 34C
B. 36D
C. 32C

6. WHEN WAS THE FIRST SPORTS BRA INTRODUCED?
A. 1991
B. 1977
C. 1945

7. WHAT PERCENTAGE OF WOMEN IN THE UK ARE WEARING THE WRONG BRA SIZE
A. 24%
B. 82%
C. 61%

8. WHAT PERCENTAGE OF YOUNG GIRLS HAVE AT LEAST ONE CONCERN ABOUT THEIR BREASTS?
A. 52%
B. 73
C. 87%

9. HOW MANY NEW BRAS ARE PRODUCED IN A DAY?
A. 4 MILLION
B. 1.3 MILLION
C. 6 MILLION

10. WHICH MUSCLE SITS BEHIND THE BREAST?

QUIZ ANSWER SHEET

SPORTS BRA WORKSHOP



CHECK OUT ALL THE ANSWERS BELOW FROM THE APTUS SPORTS BRA QUIZ

1. WHAT ARE THE THREE TYPES OF SPORTS BRAS?
 - COMPRESSION
 - ENCAPSULATION
 - COMBINATION
2. WHAT IS THE LIGAMENT IN THE BREAST CALLED?
COOPER'S LIGAMENT
3. NAME THREE THINGS THAT YOU CAN DO TO PREVENT BREAST CANCER?
 - MAINTAIN HEALTHY WEIGHT
 - KEEP ACTIVE
 - BALANCED DIET
 - LIMIT ALCOHOL INTAKE
 - BE BREAST AWARE
4. CAN USING DEODORANT GIVE YOU BREAST CANCER?
NO
5. WHAT IS THE AVERAGE BRA SIZE IN THE UK?
B. 36D
6. WHEN WAS THE FIRST SPORTS BRA INTRODUCED?
B. 1977
7. WHAT PERCENTAGE OF WOMEN IN THE UK ARE WEARING THE WRONG BRA SIZE
B. 82%
8. WHAT PERCENTAGE OF YOUNG GIRLS HAVE AT LEAST ONE CONCERN ABOUT THEIR BREASTS?
C. 87%
9. HOW MANY NEW BRAS ARE PRODUCED IN A DAY?
A. 4 MILLION
10. WHICH MUSCLE SITS BEHIND THE BREAST?
PECTORAL

APTUS

MYTH BUSTER SPORTS BRA WORKSHOP



CUT AND FOLD YOUR MYTH BUSTER AND TEST YOUR KNOWLEDGE WITH YOUR FRIENDS

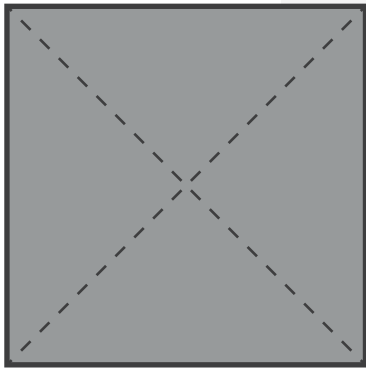
<p>GIRLS</p>	<p>MYTH ONLY GIRLS CAN GET BREAST CANCER</p>	<p>MYTH ONLY ELITE ATHLETES NEED TO WEAR A SPORTS BRA</p>	<p>SUPPORT</p>
<p>TRUE 82% OF WOMEN HAVE ONE BREAST LARGER THAN THE OTHER</p>	<p>MYTH A SMALL PERCENTAGE OF MEN ARE DIAGNOSED WITH BREAST CANCER EACH YEAR</p>	<p>TRUE ALL GIRLS SHOULD WEAR A SPORTS BRA WHEN TAKING PART IN PHYSICAL ACTIVITY TO PROVIDE SUPPORT FOR THEIR BREASTS AND HELP PREVENT THE SKIN FROM STRETCHING</p>	<p>TRUE GIRLS WITH SMALL BREASTS NEED TO WEAR A SPORTS BRA</p>
<p>MYTH YOUR NIPPLES CAN POINT OUTWARDS, INWARDS AND CAN BE FLAT. IT IS IMPORTANT TO KNOW WHAT NORMAL FOR YOU AND IF THIS CHANGES</p>	<p>TRUE WHO WILL SEND YOU A REMINDER TEXT EACH MONTH</p>	<p>TRUE THERE ARE MANY SYMPTOMS OF BREAST CANCER, OTHER THINGS TO LOOK OUT FOR: SKIN TEXTURE, RASH DISCHARGE, PAIN SWELLING</p>	<p>BREAST CANCER ISN'T ALWAYS A LUMP</p>
<p>APTUS</p>	<p>TRUE YOU CAN SIGN UP TO COOPAFEE</p>	<p>MYTH YOUR BRA SIZE NEVER CHANGES</p>	<p>SPORTS BRA</p>

MYTH BUSTER

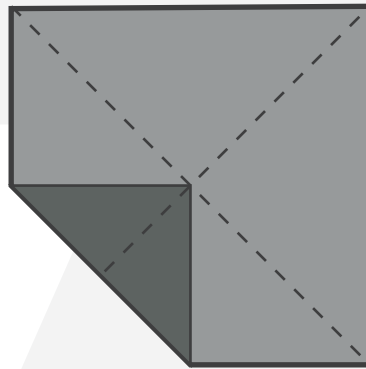
SPORTS BRA WORKSHOP



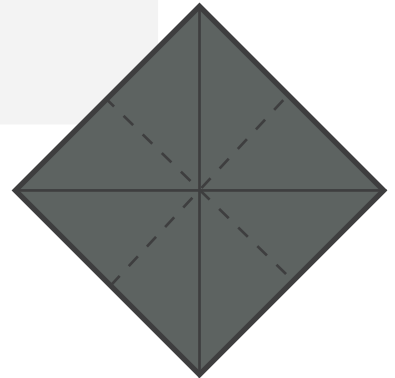
HOW TO MAKE: CUT OUT YOUR SQUARE NEATLY ALONG THE DOTTED LINE, THEN FOLLOW THE FOLDING INSTRUCTIONS BELOW FOR YOUR VERY OWN MYTH BUSTER.



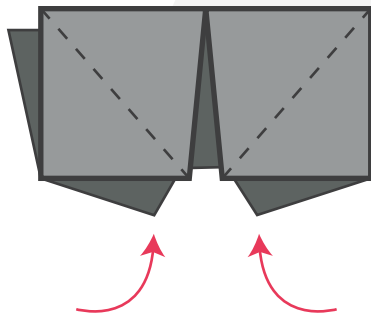
1. START FACE DOWN, FOLD YOUR PAPER UNTIL IT'S CREASED AS SHOWN.



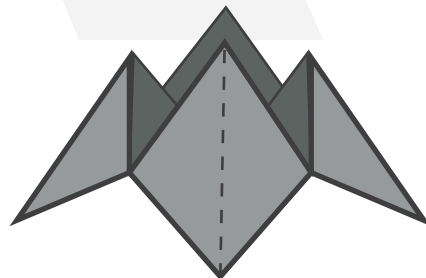
2. START FACE DOWN FOLD EACH CORNER TO THE CENTR.



3. TURN IT OVER AND REPEAT STEP 2.



4. FOLD IT HORIZONTALLY AND INSERT YOUR FINGERS TO THE SLITS SHOWN .



5. 'OPEN' IT WITH YOUR FINGERS READY TO PLAY.