

Posture Fitting

feel, move, look better







The boob by traps of breast weight management

(and its Impact on the Biopsychosocial Health and Wellbeing of Women and Girls Throughout their Lifespan)

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COMMON, BUT NOT NORMAL!




Why do we accept this as inevitable?





Why are these images almost always of women?



"Unfortunately, there's another elephant in the room."

2

BREAST WEIGHT IS A SIGNIFICANT LOAD!

1088ml = **~1kg**
28E, 30DD, 32D, 34C, 36B, 38A

1533ml = **~1.5kgs**
28F, 30E, 32DD, **34D**, 36C, 38B, 40A

2136ml = **~2kg**
28GG, 30G, 32FF, **34F**, 36E, 38DD, 40D, 42C

3957ml = **~4kg** 32K, 34JJ, 36J, 38HH, 40H, 42GG, 44G, 46FF

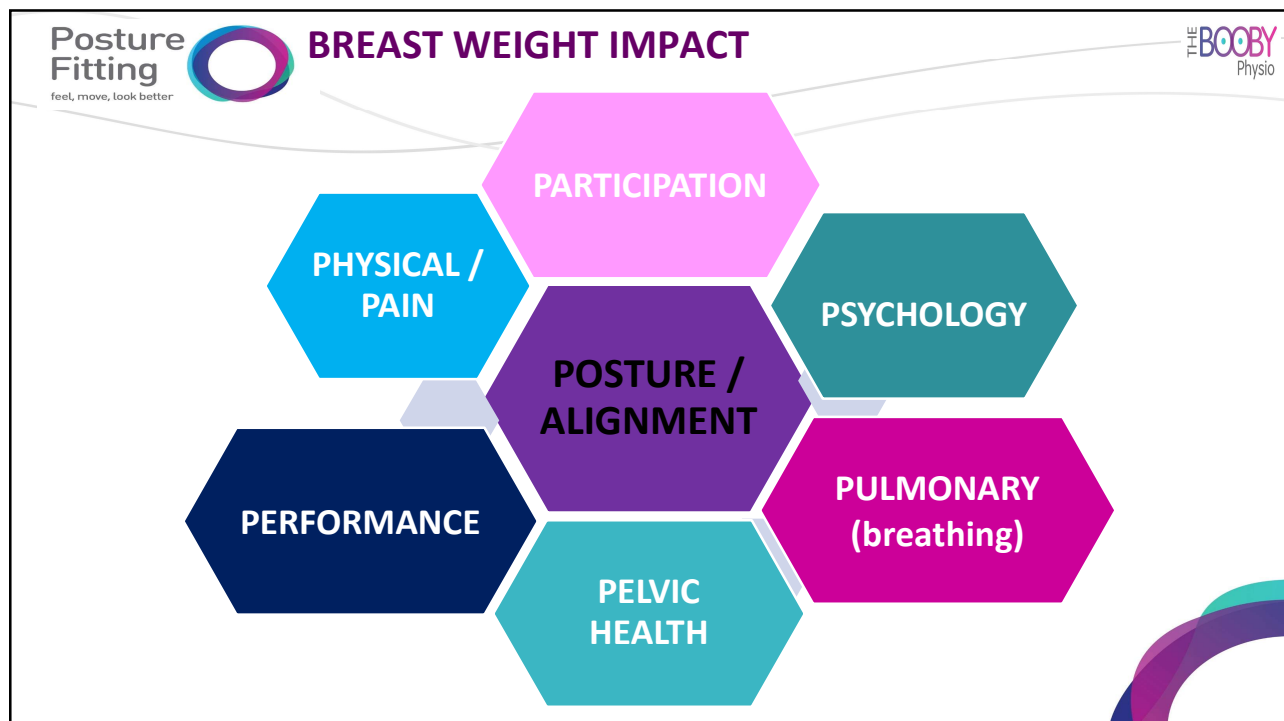
Average breast weight 750gs

Breasts can move up to **19 cms vertically**

Breast weight x 8 while running

> F1 G forces

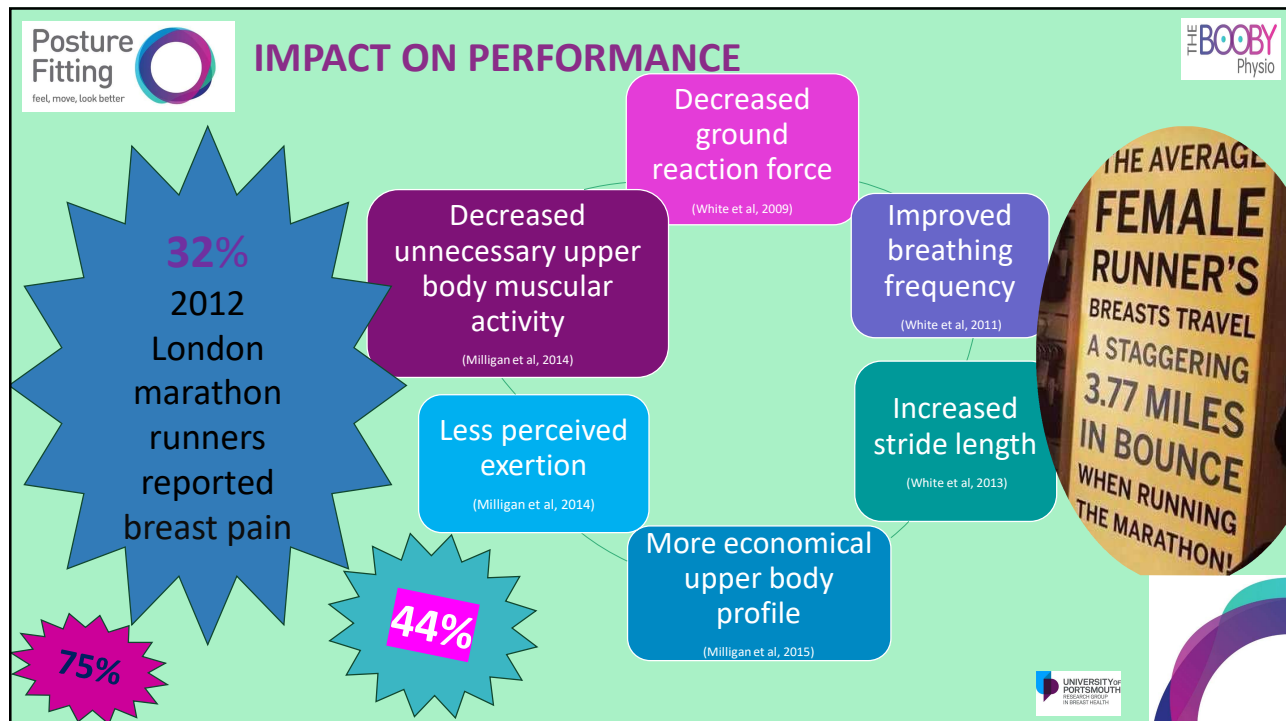
3




4




5



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HOW DO WE DECREASE THE LOAD?



"A proper bra"

Bra-fit failures:
Own bra: **100%**


Professionally-fitted:
90%



BEFORE + INTERNAL + EXTERNAL

BEFORE + EXTERNAL + INTERNAL

Breast reduction surgery



BEFORE + INTERNAL + EXTERNAL

PostureFitting is a sustainable *external & internal* uplifting of breast & body weight

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SUPPORTING GALS against GRAVITY!



Posture

Breasts

Bras

Bra Fitting

DIY:
manage your own breast weight, internally & externally



Before & After



Posture Fitting





EMPOWER

EDUCATE


ENLIGHTEN

Join the GALS against GRAVITY

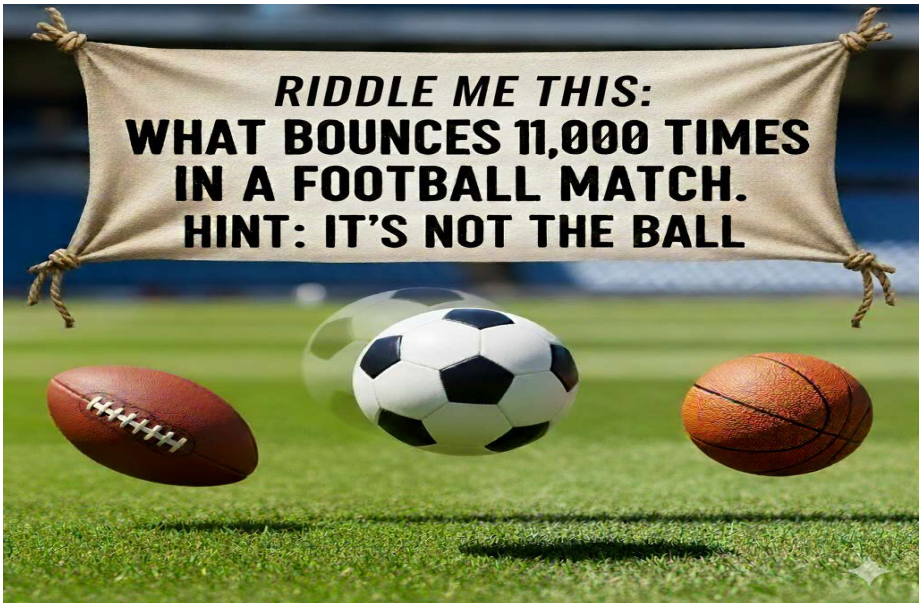




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FANCY LEARNING MORE?

Time to let gravity know who's boss!



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- *IG: posture.fitting (also searchable under Booby Physio)*



Posture Fitting
Partner

Join me on my
Gals against Gravity
workshop (online), to help
both stamp out and prevent
this assumed inevitability

Invitations to become a
PostureFitting Partner –
and yes, we are global! –
are issued following
attendance at the
Gals against Gravity
workshop

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