

THE PERFECT-FIT SPORTS BRA

➤ Shopping for a comfortable, well-fitting sports bra is difficult enough, but if you've had a mastectomy it's even more onerous. Janet Cockburn of Burlington, Ont., a breast cancer survivor, has made the search much easier by designing a line of **athletic bras specifically for women who have had a breast removed.**

The Janac Sportswear sports bra features an expandable pocket at the top of the cup to insert a prosthesis. The sleek bra hugs the body and is such a great fit that it can make a woman feel better about herself, says Cockburn. "The more confident you

are about your body, the more likely you will be to exercise," she says, adding that staying active following breast cancer treatment is an important element to recovery.

The Janac sports bra, made with breathable machine-washable material, costs \$80 (plus taxes and shipping) and is available through Janac's website at www.janacsportswear.ca or at retailers across the country. You can also buy a prosthesis for \$30 to \$60 depending on the size.

—Jessica Padykula

