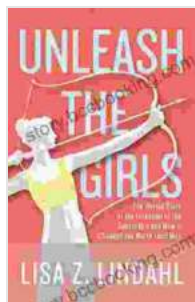


The Untold Story of the Invention of the Sports Bra and How It Changed the World



Unleash the Girls: The Untold Story of the Invention of the Sports Bra and How It Changed the World (And Me)

by Lisa Z. Lindahl

★★★★☆ 4.6 out of 5

Language : English

File size : 9250 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 224 pages

Lending : Enabled

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The sports bra is a staple of any woman's athletic wardrobe today. But it wasn't always so. In fact, the sports bra was only invented in the 1970s, and it took years for it to become widely accepted.

Before the sports bra, women who wanted to participate in sports had to wear traditional bras, which were not designed for the rigors of athletic activity. Traditional bras were often too tight, causing discomfort and pain. They also did not provide enough support, which could lead to breast pain and sagging.

In the early 1970s, a group of women at the University of Vermont decided to do something about the lack of good sports bras. They began

experimenting with different designs, and in 1977, they created the first prototype of the sports bra.

The first sports bras were not perfect, but they were a vast improvement over traditional bras. They were made of stretchy fabric that allowed for a full range of motion, and they provided more support without being too tight.

At first, the sports bra was met with resistance from some women. Some women felt that it was too revealing, while others simply didn't believe that it could provide enough support. However, over time, the sports bra gained acceptance, and by the 1980s, it had become a standard piece of athletic wear for women.

The invention of the sports bra has had a profound impact on women's participation in sports. It has allowed women to participate in a wider range of sports activities without having to worry about breast pain or sagging. It has also helped to improve women's performance by providing them with the support they need to excel.

Today, the sports bra is an essential piece of athletic wear for women of all ages and abilities. It is a testament to the ingenuity and determination of the women who invented it, and it is a symbol of the progress that has been made in the fight for women's equality in sports.

The Inventors of the Sports Bra

The sports bra was invented by a group of women at the University of Vermont, including:

- Lisa Lindahl
- Polly Smith
- Hinda Miller
- Gale Brewer
- Nancy Brennan

These women were all members of the university's field hockey team, and they were frustrated by the lack of good sports bras on the market. They decided to take matters into their own hands and create their own bra that would provide the support and comfort they needed.

The women worked on their prototype for several months, and in 1977, they finally had a finished product. They called their bra the "Jogbra," and it was the first commercially available sports bra.

The Jogbra was an instant success, and it quickly became the standard sports bra for women. Today, the Jogbra is still one of the most popular sports bras on the market, and it is a testament to the ingenuity and determination of the women who invented it.

The Impact of the Sports Bra

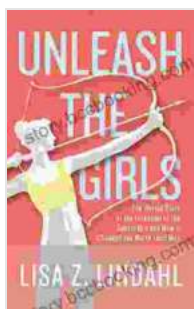
The invention of the sports bra has had a profound impact on women's participation in sports. It has allowed women to participate in a wider range of sports activities without having to worry about breast pain or sagging. It has also helped to improve women's performance by providing them with the support they need to excel.

The sports bra has also had a positive impact on women's body image. It has helped women to feel more confident and comfortable in their bodies, and it has encouraged them to embrace their athleticism.

The sports bra is a symbol of the progress that has been made in the fight for women's equality in sports. It is a reminder that women can achieve anything they set their minds to, and it is an inspiration to women of all ages to pursue their dreams.

The sports bra is a simple invention, but it has had a profound impact on the lives of women. It has allowed women to participate in sports more fully and has helped to improve their performance. It has also had a positive impact on women's body image and has encouraged them to embrace their athleticism.

The sports bra is a symbol of the progress that has been made in the fight for women's equality in sports. It is a reminder that women can achieve anything they set their minds to, and it is an inspiration to women of all ages to pursue their dreams.



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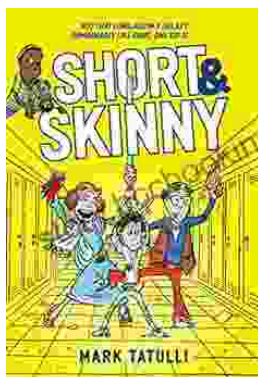
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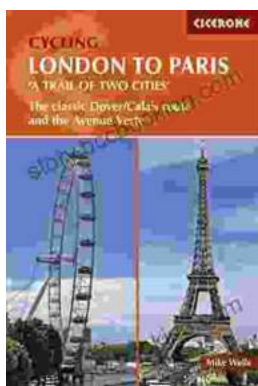
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