

Sports Ra

Deirdre McGhee, Julie R. Steele, Bridget J. Munro

Unleash the Girls Lisa Z. Lindahl, 2019-09-10 Named a Kirkus "Best Books of 2022" "... the author's narrative is as much an inspiring business memoir as it is an absorbing chronicle of a surprisingly significant piece of sports clothing. An engrossing account of the entrepreneur—and the bra—that changed women's sports." —Kirkus Reviews With cogent reflections on American cultural history and the shifts that laid the groundwork for women's liberation, Lindahl weaves a narrative that is both intimate and topical....[A]n inspiring narrative about changing the world through fearless innovation. —Publisher's Weekly, BookLife Prize The 1970s saw women coming into their own, working hard to create new roles at home and in sports, culture, politics, and business. It was also the start of the "fitness revolution." At this unique intersection of feminism and athleticism, Lisa Lindahl's game-changing entrepreneurial journey began. She invented the first sports bra, the "Jogbra," in 1977. It was the right product at the right time, throwing Lisa into a high-stakes world of business and power—a world for which she was not fully prepared. *Unleash the Girls* is the improbable story of a young artist with a disability who used her powers of creativity to solve a vexing problem and ended up leveling the playing field for girls and women across the globe—literally, unleashing the girls. Her invention would become a feminist icon and the company she founded would change an industry. But amid the success, Lisa continued to search for meaning and the true nature of power and beauty. This is the untold story of the invention of the sports bra and how it changed the world for girls and women...and, along the way, changed Lisa, too. The sports bra was and is more than a piece of sporting equipment, it has become a symbol and a vehicle for women and girls to propel themselves forward without inhibition towards the future that they are creating. —Brandi Chastain, American retired soccer player, two-time FIFA Women's World Cup champion, two-time Olympic gold-medalist, coach, and

sports broadcaster

Sports Bra Fitness Deirdre McGhee, Julie R. Steele, Bridget J. Munro, 2008

The Yellow Sports Bra Jamie Graham Duprey, 2020-06-23

Six years after experiencing what a boys' state basketball championship did for her small prairie town on the Montana Hi-Line, Jamie Graham, fourteen years old, embarks on her own journey to bring that joy and excitement back to her town. Jim--Jamie's dad and respected teacher and coach--coached the boys' championship team and inspires her to choose the goal of winning State. Jim's unwavering belief in Jamie provides her with confidence and motivation to persevere--no matter the obstacle. When Jamie begins her high school basketball career as a freshman, Coach VanDyke pushes Jamie and her teammates to become the best players and team possible. She promises that practicing the discipline that high school athletics demands will teach them not only what it means to be good players, but good people and leaders who will contribute positively to the world. Through her four-year high school journey, and together with her teammates, Jamie experiences the exhilaration of winning, the agony of defeat, and the complicated layers of love, friendship, and grief. She learns what it really takes to set and achieve goals, all while navigating adolescence and high school with its inevitable confusion, heartbreak, and the highs and lows that produce powerful life lessons.

Unleash the Girls Lisa Z. Lindahl, 2019-09-10 THE BRA THAT CHANGED THE WORLD... The 1970s saw women coming into their own, working hard to create new roles at home and in sports, culture, politics, and business. It was also the start of the fitness revolution. At this unique intersection of feminism and athleticism, Lisa Lindahl's game-changing entrepreneurial journey began. She invented the first sports bra, the Jogbra, in 1977. It was the right product at the right time, throwing Lisa into a high-stakes world of business and power--a world for which

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The Yellow Sports Bra Jamie Graham Duprey, 2020-06-26 Six years after experiencing what a boys' state basketball championship did for her small prairie town on the Montana Hi-Line, dwindling in population, Jamie Graham, fourteen years old, embarks on her own journey to bring that joy and excitement back to her town. Jim-Jamie's dad and respected teacher and coach-coached the boys' championship team and inspires her to choose the goal of winning State. Jim's unwavering belief in Jamie provides her with confidence and motivation to persevere no matter the obstacle. When Jamie begins her high school basketball career as a freshman, Coach VanDyke pushes Jamie and her teammates to become the best players and team possible. She promises that practicing the discipline that high school athletics demands will teach them not only what it means to be good players, but good people and leaders who will contribute positively to the world. Through her four-year high school journey, together with her teammates, Jamie experiences the exhilaration of winning, the agony of defeat, and the complicated layers of love, friendship, and grief. She learns what it really takes to set and achieve goals, all while navigating adolescence and high school with its inevitable confusion, heartbreak, and the highs and lows that produce powerful life lessons.

The Bra Book Jene' Luciani, 2009 Bras.

Fish Sticks, Sports Bras, & Aluminum Paul R.

Josephson,2015-11-26 A revealing look at the history, politics, and social meanings behind everyday objects. Who would have guessed that the first sports bra was made out of two jockstraps sewn together or that it succeeded because of federal anti-discrimination laws? What do simple decisions about where to build a road or whether to buy into the carbon economy have to do with Hurricane Katrina or the Fukushima nuclear disaster? How did massive flood control projects on the Mississippi River and New Deal dams on the Columbia River lead to the ubiquity of high fructose corn syrup? And what explains the creation—and continued popularity—of the humble fish stick? In *Fish Sticks, Sports Bras, and Aluminum Cans*, historian Paul R. Josephson explores the surprising origins, political contexts, and social meanings of ordinary objects. Drawing on archival materials, technical journals, interviews, and field research, this engaging collection of essays reveals the forces that shape (and are shaped by) everyday objects. Ultimately, Josephson suggests that the most familiar and comfortable objects—sugar and aluminum, for example, which are inextricably tied together by their linked history of slavery and colonialism—may have the more astounding and troubling origins. Students of consumer studies and the history of technology, as well as scholars and general readers, will be captivated by Josephson's insights into the complex relationship between society and technology. "Josephson's conclusions are guaranteed to make you think of the modern world and its interconnectedness in a different light." —Cosmos "Every chapter of this book offers surprising insights and is a pleasure to read." —ICON

The Bra Book Jené Luciani,2017-04-18 It's time to have FUN finding the perfect fit—fashion expert Jené Luciani is here to help. In 2009, *The Bra Book* helped countless women find the right bra. Now, Luciani, known as Dr. Oz's Bra Guru, returns with this updated edition of her one-and-only guide to all things underneath. If 85 percent of women are wearing the wrong bra,

what else in their undergarment drawers doesn't fit as well as it could? Luciani continues her mission to arm women with the knowledge they need to find the right fashion support. From the best bra for every outfit to important information about bras and breast health from puberty to retirement, from the physics behind bra design to how you can best ensure a proper fit, *The Bra Book: Second Edition* is still the ultimate resource on bras for women everywhere. Lucky for us, Jene has expanded the book to include new and updated, yet essential, information from the ever-changing world of intimate apparel. In the era of smooth is better, thanks in part to the Spanx movement, *The Bra Book: Second Edition* now features a guide to the often overwhelming world of shapewear and swimsuits. Luciani eliminates confusion with her friendly guidance on finding the perfect fit and even tackles the uncomfortable questions, such as, What really causes sagging? Discover new ways to best flatter your figure—and have fun shopping for that perfect fit. *The Bra Book: Second Edition* doesn't just tell women how bras and shapewear work; it shows them how to make those garments work for them!

Bra Talk Susan Nethero, 2005-10-01 After multiple guest spots on *The Oprah Winfrey Show* and many other features on TV and in national magazines, Susan Nethero is one of the best-known bra-fit experts in the country. In *Bra Talk* she offers basic information based on body types and activity levels. Transform your look by switching the best bra for your figure needs.

Taking Off a Sweaty Sports Bra Should Count as Cardio: Work Out Log Fitness Journal for Tracking Workouts Danny Trainer, 2019-03-21 Keep track of your daily workouts with this 108-page workout logbook! This stylish workout logbook will allow you to keep track of: Date Sets and reps of every workout The muscular group worked out for the day Perfect for you to use AT home or AT the gym! It comes with 108 pages for 108 workouts and allows you to input all your own data. It has a white interior with sections for your most important workout data. Grab

it for yourself or for a friend! Includes a stylish cover and a beautiful matte finish.

Qualifying Times Jaime Schultz, 2014-03-15 This perceptive, lively study explores U.S. women's sport through historical points of change: particular products or trends that dramatically influenced both women's participation in sport and cultural responses to women athletes. Beginning with the seemingly innocent ponytail, the subject of the Introduction, scholar Jaime Schultz challenges the reader to look at the historical and sociological significance of now-common items such as sports bras and tampons and ideas such as sex testing and competitive cheerleading. Tennis wear, tampons, and sports bras all facilitated women's participation in physical culture, while physical educators, the aesthetic fitness movement, and Title IX encouraged women to challenge (or confront) policy, financial, and cultural obstacles. While some of these points of change increased women's physical freedom and sporting participation, they also posed challenges. Tampons encouraged menstrual shame, sex testing (a tool never used with male athletes) perpetuated narrowly-defined cultural norms of femininity, and the late-twentieth-century aesthetic fitness movement fed into an unrealistic beauty ideal. Ultimately, Schultz finds that U.S. women's sport has progressed significantly but ambivalently. Although participation in sports is no longer uncommon for girls and women, Schultz argues that these points of change have contributed to a complex matrix of gender differentiation that marks the female athletic body as different than--as less than--the male body, despite the advantages it may confer.

Busting Out Shirley Archer, 2013-01-04 Just in time for swimsuit season, *Busting Out* offers a revolutionary, all-natural program to enhance the breasts. No matter what the cup size (be it double-A or double-D) or shape (post-pregnancy or pre-bikini), this handy guide puts readers on the fast track to a beautiful bustline—without surgery. Internationally renowned fitness

educator Shirley Archer outlines easy exercises to lift and strengthen chest muscles and tone the arms and back. Best of all, Hollywood stylists reveal tricks of the trade, showing how easy it is to work with what you've got.

Sew Your Own Activewear Melissa Fehr, 2018-01-29 A sewing expert and marathon runner offers sewing patterns and blocks, as well as step-by-step instructions to help you create your own amazing activewear. Make your own unique activewear sewing wardrobe that's perfect for your workout. Choose from thirteen different styles including yoga pants, crops top and running leggings designed by activewear sewing expert, and marathon runner, Melissa Fehr. Whether you're a runner, a cyclist or a gym bunny, or you're simply looking for the perfect pair of slouchy leggings for elegant lounging, this collection of sewing patterns is for you. Learn all about how to choose the correct fabric for activewear sewing and discover expert tips on working with performance fabrics like Lycra and spandex. Before you know it, you'll have a truly unique workout wardrobe to wear while you work up a sweat!

The Diabetic Muscle and Fitness Guide Phil

Graham, 2018-01-05 Evidence-based muscle building and fat loss resource written for people living with diabetes. Go to resource for rapid body redesign and strength development when living with diabetes. The book provides a deep insight into the underlying physiology of diabetes and how it influences human metabolism, nutrition requirements and examines the body's response to different types of exercise especially weights resistance exercise.

Trapped In My Sports Bra and Other Harrowing Tales

Marlene Kern Fischer, 2022-04 *Trapped in My Sports Bra and Other Harrowing Tales* is an uplifting, funny, and heart-warming collection of true stories. From raising her three rambunctious sons to navigating the aches, pains, and challenges of middle age to dealing with death, Marlene puts it all out there. She writes

about her battle of wills with her non-compliant oldest son, the time her middle son called 9-1-1 because he wasn't allowed to go to a sleepover, and other stories to which every parent will relate (except perhaps those with exceptionally well-behaved children). Marlene conquers meeting and embracing her boys' significant others and details her and her husband's efforts to keep the spark in their own 35-year marriage. Her advice is so good, it even was featured in the Modern Love section of The New York Times. As the mother of three sons, Marlene is consistently bewildered by their lack of communications skills, which is a recurrent theme in the book. Figuring out the way her boys' minds work is no easy task, yet Marlene never gives up on her quest to understand them better. In the Gone but Never Forgotten chapter, the author discusses the deaths of her infant son, her brother, and her dad, and how she was able to find happiness again. She also talks about why she won't be trying to contact them in the afterlife through a medium. Marlene uses her satirical skill and dry wit to talk about a mom's struggles to learn the offside rule in soccer, our obsession with finding out our heritage through DNA testing, the age-old struggle to look presentable at Back to School Night, and a brutal fraternity initiation which forces pledges to read a mommy blog. For anyone who likes Phish, there are a few stories about them, including how Marlene meets the band members on a beach and has no idea who they are, even though her oldest son is a die-hard phan. In an ultimate best-mom-ever moment, she gets Trey Anastasio, the lead singer of the band, to call her son at work. In a second Phish tale, Marlene writes about going to one of their concerts - and how much she enjoyed it, despite getting offered acid for the very first time. (Spoiler alert: she says no.) Another chapter in Thank You for the Music is about David Cassidy, Marlene's first musical crush. Told in a conversational voice, Marlene's stories will make you feel as if you have a new best friend. One you'll want to hang out with again and again. Trapped in My Sports Bra and Other Harrowing Tales is

guaranteed to be the most fun you've had in a while.

It's Not About the Bra Brandi Chastain, 2017-08-15 Youth sports aren't just about fun and games anymore. What should be a pleasurable experience is often marred by poor sportsmanship, trash talking, win-at-all-cost attitudes, and, in the worst cases, violence. But World Cup soccer champion and Olympic gold medalist Brandi Chastain has a solution. In *It's Not About the Bra*, Chastain draws on lessons learned in her phenomenal career and in her experience as a parent to illuminate the beautiful game and provide creative answers to the challenges that face young athletes and their parents. Chastain emphasizes the importance of developing leadership skills, finding (and becoming) role models, and giving back to one's team and community. She offers a blueprint for kids and parents alike on how to play fair, win (and lose) with grace, and, above all, have a good time doing it.

I Stuff My Bra...So What? Laura Franklin, 2020-12-11 Bra-stuffing has occurred since the bra was invented. Women who performed on stage, actresses, grandmothers, mothers, female athletes, women in the workplace, and even church ladies have stuffed their bras. Back in the day, it was called wearing falsies. I used to watch my female cousins, aunts, and some of my older sisters' friends put falsies in their bras. It made no sense to me why they needed or wanted extra when they should have been happy with what they had. Well, that was before I had anything to contend with. The diagnosis of breast cancer was more than a scary word. I pictured it as the boogeyman and all his friends waiting to take me away to drown in the sea of this disease. I didn't lose a breast to cancer. I gave away what God showed me it represented in my life. In return, He gave me a new life, a new hope, a new vision, and a new love-A love for myself. Mine was an experience of climbing the rough side of the mountain barefoot but my trust in God never wavered.

Brazine! Lauren Hage, 2014-04-23 Have you ever wondered why bras were so uncomfortable? Never could get the right fit,

leaving you dissatisfied and frustrated? Have you given up to the idea of a comfortable bra and now only wear sports bras? That's how the author of this zine felt and set out to understand the reasons why. If you've been confused with sister sizes, thought all D cups were the same, or had no luck with online bra calculators; this handy zine will teach you the basics you'll need to know to get started on your true, comfortable, beautiful fit.

Fish Sticks, Sports Bras, and Aluminum Cans Paul R. Josephson, 2015-12 Historian Paul R. Josephson explores the surprising origins, political contexts, and social meanings of ordinary objects. Drawing on archival materials, technical journals, interviews, and field research, this engaging collection of essays reveals the forces that shape (and are shaped by) everyday objects.

A Comparison of Eight Selected Sports Bras LaJean R. Lawson, 1985

Fuel your quest for knowledge with this thought-provoking masterpiece, **Explore Sports Ra**. This educational ebook, conveniently sized in PDF (PDF Size: *), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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