



Contact: Carolyn Hawkins  
AANR  
800/879-6833

Marie Kephart  
YPB&R Public Relations  
407/878-1838  
Marie\_Kephart@ypbr.com

KISSIMMEE, Fla. (March 28, 2006) -- Winter has dragged on longer than expected, and many have just about had it with being bundled up. Now that it's officially spring, an attitude adjustment can be had, and the Winter doldrums and those extra layers can be shed with a visit to a nudist resort!

Nudist resorts across the country offer lots of outdoor as well as indoor activities. In the Sunbelt, nude Frisbee golf, petanque, tennis, cycling, "dare to go bare" 5k runs, and kayaking are just a few of the recreational amenities that can be enjoyed right now. There's nude bowling, jazzercise, swimming, table tennis and more in the clubs up north until the temperatures begin to rise.

Incidentally, it is widely accepted that sunlight counteracts the Winter Blues, in fact, studies indicate your body needs at least 20 minutes a day of sunshine over at least 75% of your body to help prevent a vitamin D deficiency – of which one notable side effect is depression.

Check out the listings of nudist resorts in your area, visit [www.AANR.com](http://www.AANR.com), the official website of the American Association for Nude Recreation (did you know this is the 75th anniversary for AANR this year?). AANR's mission is to promote, enhance and protect in appropriate settings, nude recreation and nude living in the Americas. It is the oldest

and largest organization of its kind, representing nearly 50,000 people who enjoy clothes-free and clothing optional recreation throughout North America. For further information on nude recreation and the association's affiliated clubs, or to interview an AANR spokesperson, contact AANR at 1-800-TRY-NUDE or visit the Web site at [www.annr.com](http://www.annr.com).

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