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SHED YOUR THREADS FOR NUDE RECREATION WEEK

KISSIMMEE, FL – (March 29, 2005) – George Washington did it, so did Ben Franklin. Even John Quincy Adams conducted a press interview while doing it! So, for one special week, the American Association For Nude Recreation (AANR) hopes others will enjoy time in their birthday suits just as our founding fathers did.

In celebration of Nude Recreation Week, July 4-10, 2005, AANR encourages the public to experience the stress-relieving freedom of nude recreation. Why not take a skinny dip in your backyard pool? Don't have a pool? Then wash the family pet in the nude (as a modern-day President is reported to do), scour the shower in the nude, vacuum the house nude, read a book, or enjoy some other activity in an appropriate setting in the nude.

Celebrating its 30th year, Nude Recreation Week gives first-timers the chance to shed their stress by giving clothes-free recreation a try. This annual celebration is open for individuals - and families - to visit one of the 267 clothing-optional clubs affiliated with the American Association for Nude Recreation (AANR), and experience firsthand one of the fastest growing trends in both travel and recreation.

Many AANR-affiliated clubs have activities and events planned throughout the week – and many offer open houses, while other activities include everything from themed dance parties, to chili cook-offs, to nude cruises, fine arts shows and more. For the club nearest you, and to find out more about its Nude Recreation Week schedule of events, log onto the association's all-new website at www.aanr.com, or call 1-800-TRY-NUDE.

Parties interested in visiting should call the resort in advance to schedule their reservation. Media interested in setting up interviews or a visit to a club should contact YPB&R Public Relations, or the AANR office at the numbers listed above.

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 recreation throughout North America. For further information on nude recreation and the association's affiliated clubs, contact AANR at **1-800-TRY-NUDE** or visit the association's web site at www.aanr.com.

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