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AANR Members Lead the Nation in Savvy Sunbathing Habits

Kissimmee, Fla. — Since the popularity of sunbathing has waned little, even with heightened awareness for the power of UV rays, the American Association for Nude Recreation (AANR) wants to remind everyone to enjoy the sun in a healthy, smart way.

“Our skin, particularly that on our face and hands, is exposed to the sun almost daily,” reminds AANR President Pat Brown. “The best way to keep skin healthy and damage-free is to keep it protected at all times. AANR members take the lead in smart sunbathing. They use sunblocks year-round, wear hats, and go for annual screenings, even if they sunbathe only a few weeks out of the year.”

Data from a 2002 study led by Boston University researcher Alan Geller, and whose results appear in the June 2002 issue of *Pediatrics*, notes that only one third of youngsters surveyed said they routinely use sunscreen, and a National Health survey found that only 53% of the general population were likely to use sunscreen.

According to the last American Association for Nude Recreation Sunbathing Index, which monitors the year-round sunbathing habits of its members, 92% of survey respondents take a variety of precautions against the harmful effects of the sun and over one-third expect to spend \$50 or more a year on sun protection products.

AANR members take a number of precautions: 87% use sun blocks and lotions; 43% also use wide-brimmed hats, baseball hats, and/or visors; and 19% say they limit the amount of time spent sunbathing.

“The sunbathing habits of AANR members are a good indication of how well informed we are about the potentially harmful effects of the sun and the importance of healthy sun habits,” said Brown. “Most people are unaware that exposure to damaging UV rays happens throughout the year. For our members, sun protection is a regular habit.” According to the AANR sunbathing survey, 48% of AANR members say they have had at least one skin cancer screening and 14% of those get checked annually.

The American Association for Nude Recreation, based in Kissimmee, Florida, has doubled its membership in a recent 10-year period and now has nearly 50,000 individual members. To learn more about nude recreation and clothes-free vacation opportunities, consumers can call **1-800-TRY-NUDE** (879-6833); or visit the association’s web site at www.aanr.com.

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