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FAST FACTS & QUOTABLE QUOTES: About Nude Recreation

KISSIMMEE, Fla. —The American Association for Nude Recreation (AANR), is the credible voice of reason on issues relevant to nude recreation, in appropriate settings. The organization—which celebrated its 75th anniversary in 2006—represents 260 affiliated clubs, resorts and RV campgrounds in North America. Individual members, for the most part, are free-spirited outdoor enthusiasts, whose motto “membership is a passport to fun and can be had for less than the price of a bathing suit,” fits like a glove. [AANR membership](#) brings like-minded people together in a close-knit community environment where body image is strong and self-esteem high.

- To meet the rising demand, over 30 new clubs have formed during the past few years in the United States, Canada and the Caribbean.
- Clothes-free and clothing-optional cruises are booming. According to specialty travel agencies, cruise ship and sailing charters are selling out months in advance. Most sail at full capacity, with 30 percent first time nudist cruisers. Demand for nude cruises increased from one clothing-optional 500-passenger cruise liner in 1992 to seven in 2005.
- According to the Roper Organization, 40 million Americans have skinny-dipped in mixed company.
- In the ancient city of Olympia, Greece, the earliest site of the Olympics, the athletes always competed in the nude.
- Nude recreation is a \$440 million annual industry.

- In Greek, "gymnos" means "nude" -- the words gym, gymnasium and gymnastics were thus derived from "nude." Gymnosophy refers to a holistic lifestyle focusing on exercise, fitness, well-being and healthy eating.

What Others Are [Saying About Nudism](#)

New York Times—April, 2008 – “Nudist vacations are on the rise, as increasing numbers of hotels, resorts and even cruises are offering more high-end options for travelers who want to shed their clothing – but not their pampered lifestyles.”

Oprah—April 2008 – On the April 1 episode of The Oprah Winfrey Show about insomnia, Dr. Mehmet Oz, a regular on the show, gave viewers tips on how to get a better night's sleep. Citing a recent poll that 15% of all Americans sleep nude, Dr. Oz recommended sleeping in the buff as a way to get a better night's sleep, free from restrictive clothing.

Lifetime TV 2007/2008 – Lifetime's hit series How To Look Good Naked is being called one of the most popular shows in the history of the channel. In each show, host Carson Kressley helps women who dislike their bodies become more comfortable and even learn to love the way they look. Contestants follow Kressley for a week as he guides them through ways to accept their bodies after which they pose for a nude photo shoot as the ultimate symbol of liberation. The show has become an instant hit and the Lifetime message boards are filled with entries thanking the network for broadcasting a show that helps women accept their bodies.

Yoga Journal—November 2007– “The latest trend in the popular mind/body practice is naked yoga. To longtime yoga practitioners, it makes perfect sense. After a recent nude yoga class in San Francisco, several people said being nude helped them feel more comfortable in their bodies, allowing them to peel off another layer of ego: the one attached to the clothing they wear.”

Newsweek—June 2007 – A full-page article titled "I'm Happiest Dressed In My Birthday Suit" in its My Turn column. Author Robert Denker tells of his first-time experience on a nude beach, how nudity relieves stress and his belief that allowing public nudity would erase pornography. Denker also offers some amusing reasons for becoming a nudist. Among them: People could zip through airport security, and fans wouldn't have to worry when players are traded to different sports teams because they would no longer be identified by their uniforms.

Latina Magazine—August, 2006 – “But once I stopped questioning it and just experienced nudism myself, something inside me clicked. It's so liberating not to hide behind fashionable clothes or to judge others by what they wear or the shape of their bodies.”

ABC News—July, 2006 – “The summer vacation season is upon us and that means it's time for backyard barbecues, fairs and festivals, road trips, and the 25th annual Nude Recreation Week. This annual celebration attracts families from all walks of life...”

Orlando Sentinel—July, 2006 – “Pasco County has become known as the nudist-resort capital of the United States...County officials generally embrace the properties because the resorts pump much-needed tax revenue into county coffers.”

San Francisco Chronicle—November, 2005 – “There’s a common perception of nudists. They’re out-of-shape hippie types...But that wasn’t the case. These were every color, every age and every body type...More than likely these people were lawyers, meter maids, high school principals and soccer moms...”

MSNBC.COM—October, 2005 – *5 Myths About Nude Vacations:* 1) Vacationing nudists are just a bunch of perverts 2) Clothing optional resorts are seedy 3) You have to take your clothes off at a nudist resort 4) Nudists are mostly senior citizens who are off their rockers 5) Nudists are exhibitionists who want to seduce you.

USA TODAY—May, 2005 – “The once bare-bones ambience of the archetypal U.S. nudist camp is turning posh as owners add amenities from full-service spas to high-speed Internet.”

TIME magazine (Asia edition) —July, 2004 – “Quick question: which segment of the U.S. travel market expanded from a \$120 million-a-year niche to a \$400 million phenomenon from 1992 to 2003? If you’re guessing ecotourism or online ticketing, prepare for a surprise. The answer: nude holidays.”

Travel + Leisure Magazine—February, 2003 – “In a T+L readers’ romance poll posted on AOL, to which 250,000 members responded, 33 percent said they ‘would take their partner to a nude beach.’ “

Forbes magazine – January, 2003 – Nude travel is estimated as a \$400 million global industry. “Many people who go bare never go back, citing the feeling of freedom and the lack of tan lines as their motivation.”

Wall Street Journal – January, 2003 – “Nudists are a fast-growing niche in the tourism industry. [Nudists] tend to be in their 30s or older, although there are children, teenagers and young adults to be found at most resorts.”

USA Today – 2002 – “Here are the bare facts: Nudity is taking off... The number of nudist clubs – as well as the number of people in the clubs – has been growing rapidly over the past few years.”

National Public Radio – May, 2002 – “Nude recreation is on an upswing nationwide. Advocates say it’s not about sex, but a way to get in touch with nature.”

[For more information](http://www.aanr.com) about nude recreation, call 1-800-TRY-NUDE or visit the AANR Web site at <http://www.aanr.com>.

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