



Contact: Alexandra Schuttauf  
AANR  
800-879-6833  
[PublicRelations@aanr.com](mailto:PublicRelations@aanr.com)

### **AANR Members Lead the Nation in Savvy Sunbathing Habits**

KISSIMMEE, Fla. - Since the popularity of sunbathing has waned little, even with heightened awareness of the power of UV rays, the American Association for Nude Recreation (AANR) wants to remind everyone to enjoy the sun, whether at home or on your next Nakation™, in a healthy, smart way.

"Our skin, particularly that on our face and hands, is exposed to the sun almost daily," reminds AANR President Bev Price. "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 sunblock year-round, wear hats, protect themselves during the most potent time for UV rays between 10:00 a.m. and 2:00 p.m., and go for annual screenings, even if they sunbathe only a few weeks out of the year."

Data from a study led by Boston University researcher Alan Geller, and whose results appeared in a subsequent issue of *Pediatrics*, notes that only one-third of youngsters surveyed said they routinely use sunscreen. A National Health survey found that only 53 percent 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 percent 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 percent use sunblock and lotions; 43 percent also use wide-brimmed hats, baseball hats, and/or visors; and 19 percent 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 Price. "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 percent of AANR members say they have had at least one skin cancer screening and 14 percent of those get checked annually.

**For 86 years, AANR has been a strong voice and the leading authority in North America on protecting the freedoms and rights of those who participate in wholesome, family-style nude recreation. Members of AANR recognize the intrinsic wholesomeness of the human body and believe that life is enhanced by the naturalness of social nudity. From exercise to relaxation, a person's physical, spiritual, and mental health is enriched through social nude recreation. AANR supports over 200 chartered clubs, resorts, and campgrounds, and serves more than 52 million individuals who enjoy skinny-dipping and non-sexual and non-exploitive clothing optional recreation throughout the U.S., Canada, Mexico, and the Caribbean. For more information about AANR and for facts related to nude recreation, visit [www.aanr.com](http://www.aanr.com) or call 1-800-TRY-NUDE (879-6833). To receive information on upcoming news and events, sign up for our newsletter [here](#).**