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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 celebrates its 85th anniversary this year - represents over 200 affiliated clubs, resorts and RV campgrounds in the U.S. Canada, Mexico, and the Caribbean. 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.

- 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 today: 50+ cruises and over 30,000 nude cruise vacationers later.
- According to the Ypartnership/Harrison Group 2011 Portrait of the American Travelers survey, the attribute of "a resort that offers a clothing optional or nude recreation experience" as extremely/very desirable, grew by a statistically significant amount over the previous year.
 - 17% of respondents in 2011, vs. 12% in 2010 cited this experience as extremely/very desirable.
 - 15% of respondents in 2011, vs. 11% in 2010 cited a nude beach experience as extremely/very desirable

Statistically, 17% of the 311 million U.S. population equates to 52,870,000 who would be interested in taking a skinny dip on a Nakation™.

- Nude recreation is a \$440 million annual industry.
- In the ancient city of Olympia, Greece, the earliest site of the Olympics, the athletes always competed in the nude. In Greek, "gyms" 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 the Media are Reporting about Nudism and Nakationing™

AZCentral.com – July 2014 – “Monday is National Nude Day, a celebration of the birthday suit. For most nudists, it's just another day without clothes. National Nude Day comes on the heels of Nude Recreation Week, a similar celebration that begins the week after the Fourth of July. Across the U.S. members of the American Association for Nude Recreation, organized into more than 250 recreational clubs, are celebrating in pretty much the same way they always do. They don't need to get dressed up for the event.”

Washington Post – May 2012 – “I knew the instant I took off that bathing suit that being naked with the sun on every inch of me felt better than being skinny at any cost. The paradox is that in the nudist environment, it's not what you look like, it's who you are inside that matters,” Susan Weaver former AANR President.

Tripatini.com – August 2011 – Nude Beach and Nudist Resort Vacations Are Hot. A TripAdvisor nude beach survey of 12,000 people finds that 49% of Americans would like to take a nudist vacation themselves. In a similar survey by CNBC two years ago, 40% of respondents said they'd like to try a nude vacation. Now 53% want to do it. In a nation with about 300 million citizens, that would be quite a lot of nudists.

Glamour – July 2011 - Taking a nude dip in the pool (or lake or ocean) is one thing, but would you ever consider stripping down at a nudist resort? It's National Nude Recreation Week, according to [MSNBC](#), and nudist resorts around the country are welcoming interested new nudies with open arms. Many resorts are waiving their entrance fees and allowing first-time visitors to check out their amenities gratis. MSNBC interviewed Florida spokesperson for the American Association for Nude Recreation who explained, “If people would only try it once, I think they'll see the joys of being naked outdoors...During Nude Recreation Week, most clubs open the doors for free and let people come in and see how much wholesome fun nude recreation can be.”

AARP – June 2011 - Industry experts offer the latest advice for saving during your Vacation. Despite rising gas and flight costs, you can still enjoy satisfying travel in 2011. Here are some simple and surprising ways to hit the road for less... And if all else fails, try a “nakation™.” In this down economy, when many have lost the shirt off their back, you can take a trip in which you don't have to wear a shirt. “With the cost of airline baggage fees, if you visit a nudist resort, you can travel more and pack less,” says Carolyn Hawkins of the American Association for Nude Recreation (AANR). “You can take everything you need in a carry-on.” Check out [AANR.com](#) (there's even an app), then check into an AANR member resort or campground for a frugally priced getaway.

NBC – November 2010 - ...The American Association for Nude Recreation said it was offering a “Certificate of Achievement” for anyone who “proudly supports TSA body scanning measures.” “They're only bringing what nature gave them aboard,” said Erich Schuttauf, executive director of the nudist group based in Kissimmee, Fla. “You can add the experience to your 'bucket list' as a virtual dipping of one's toe into taking a ‘nakation™’ — that's a nudist vacation.”

Bloomberg Businessweek – October 2010 - Carolyn Hawkins, spokeswoman for the American Association for Nude Recreation in Kissimmee, Fla., says even her staff rarely comes to work in the buff. “The AANR's association headquarters is located in a downtown

strip mall—no pun intended—with a storefront window," she says. "As practicality and sensitivity to our neighbors dictate, we dress for the workplace. When we return home in the evening we remove the stresses of the workday world by removing our clothes." For the moment, business casual appears to be in no danger of becoming no-pants-casual—but it's still enough to make you pine for the days of khakis and polos.

USA Today- August 2010 - Staycations are so 2009. It's nakations™ in 2010. According to a recent TripAdvisor survey, there is one thing staying home more during vacations: clothing. The online travel community asked 22,091 U.S. travelers if they would bare all at the beach and 48% said yes. This is up from last year's nude beach survey, in which 31% of respondents said they would "love to see and be seen" at a clothing-optional destination. "While nude beaches might be less common in the U.S. than in other destinations around the world, the interest certainly appears to be there, with nearly half of U.S. travelers we surveyed appearing quite comfortable in their own skin and willing to bare it all waterside," TripAdvisor spokesman Brooke Ferencsik said.

San Francisco Chronicle—January 2010 – "It turns out that the members of at least one organization are not just supporting full-body scans at airport security checkpoints, but they seem downright giddy about it. Travelers concerned about being seen in their "altogether" by strangers during the controversial scans should weigh the benefits, according to a position statement released last week by the American Association for Nude Recreation (www.aanr.com), the oldest and largest group representing nudists in the United States and Canada."

Chicago Tribune—January 2010 – "To welcome anyone interested in dipping a toe into nude waters, the association is offering The Nakation™ in a Box, a lovely package that includes a guide to North American nude recreation, a nakation™ towel, a window sticker, temporary tattoos and, naturally, sunscreen. Just \$74 plus shipping.

MSNBC.COM—November 2009 – "There are so many misconceptions about vacationing sans clothing, it would take an entire article to address them. But let me clear up just a few. Nudists are not perverts, and their resorts — at least the ones represented by AANR — are not seedy. They're not all retired, though many of them are. And they aren't exhibitionists looking for a date. In fact, you don't have to remove all of your clothes at a clothing-optional resort (that's why they call it clothing *optional*.)"

Annapolis Capital—July 2009 – "...The local clubs were joined by nudist groups across the country and in Canada in an effort to set a simultaneous skinny-dipping record that would be recognized by the Guinness World Records. Currently, there is no established record. Officials at the Florida-based American Association for Nude Recreation were hoping for a total of around 20,000 people."

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.

For 88 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 or call 1-800-TRY-NUDE (879-6833). To receive information on upcoming news and events, sign up for our newsletter [here](#).