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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 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 John Kinman. “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, 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 Kinman. “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.

The American Association for Nude Recreation, the credible voice of reason for nude recreation in appropriate settings, has served more than 213,000 members. To learn more about nude recreation and clothes-free [Nakation](#) opportunities, consumers can call 1-800-TRY-NUDE (879-6833); or visit the association’s Web site at [www.aanr.com](http://www.aanr.com).

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