



Today's women lead busy, hectic lives. Nude recreation can provide a get-away from the pressures of everyday life. Self-acceptance and total relaxation in a stress-free environment are among the greatest contributions nude recreation has made to contemporary women.

The relaxation you will feel at an AANR club or resort will result in one of the healthiest physical and mental lifestyle changes possible—total acceptance of who you are on the inside as well as on the outside. You will be free of the desire to judge yourself and others on the basis of physical appearance.

Nude recreation is rapidly becoming a valid and accepted lifestyle choice in contemporary society. More and more women are discovering its healthful and empowering benefits.

Women who enjoy nude recreation come from all walks of life and span all age groups, occupations, and physical conditions. AANR clubs provide an enriching and supportive environment for all women. There are no pressures, and there is a feeling of community and mutual respect. You'll feel at home immediately. You'll also find yourself relating to others on the basis of who you really are rather than who your clothes say you are.



Visit a nudist facility where being in style means no fashion at all.

A widow retired from journalism and urban planning, Shirley and her late husband, Alan, were permanent residents at their club for 15 years before he died. "Now I am busily involved in surrounding community activities and local political campaigns, which is my way of advocating this wonderful lifestyle that I enjoy so much," she says.



Sandy, a working mother, looks forward to weekend visits at her favorite club where she can relax with her family in a safe and nurturing environment.

Elf has been a member or resident of six nudist clubs through the years. A sports enthusiast, she enjoys playing nude tennis and volleyball. Elf is an ordained minister and has performed more than 100 nude weddings, though these days she's just as likely to preside over textile nuptials as well. "For me, nudism is all about family," Elf says.



Shirley went from dreading showers in high school, due to her fear of being nude around others, to the safety of a nudist resort in the early seventies. Shirley says, "I can now be found at a local nude beach, hot springs, or hiking nude in the mountains whenever the weather allows." Shirley dedicates time and energy to advocate for rights on public lands.

ABOUT THE AMERICAN ASSOCIATION
FOR NUDE RECREATION



*Freedom to
be Yourself...*



Mary made her first visit to a nudist club in 1992 and has been involved in nude recreation ever since. Mary says, "Mine was the familiar story of being reluctant to go but not wanting to leave once I got there."

Raised in a family that enjoyed nude recreation throughout her childhood years, Nanette still welcomes the respite of a trip to her favorite clothes-free club. There's something about getting in touch with the freedom to be yourself there that you can't get anyplace else," she says.



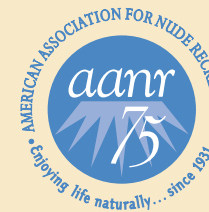
Once you take the plunge you will quickly discover that nude recreation is a natural life-enhancing experience. After visiting a nudist facility many women remark, "What took me so long?"

Consider an investment in yourself by taking a natural, stress-free break from your busy life for an afternoon, a weekend, or an extended vacation. Leave the excess baggage at home. Visit a nudist facility where being in style means no fashion at all.

For membership information contact:

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