

## About Us

The Federation of Canadian Naturists is a member-supported, not-for-profit organization dedicated to fostering a greater understanding, acceptance and appreciation of naturism as a way of life throughout Canada.

Since 1986, we have been a unifying voice for naturists across Canada. We serve as guides for those who are new to our way of life as well as advocates for seasoned naturists. We have members all across Canada and around the world.



## Member Benefits

Membership is available for individuals in Canada and around the world. Membership benefits include:

- Our Magazine "Going Natural"
- Access to our member-only events
- Discounts at some member clubs
- Help promote and protect naturism across Canada
- And much more!

Join or find out more by going to [fcn.ca/join](http://fcn.ca/join) or scan the QR code.



Contact:

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Toll Free Canada / USA only

1-888-512-NUDE (6833)

[fcn.ca](http://fcn.ca)



## Naturism is a Conscious Choice

FEDERATION OF  
CANADIAN NATURISTS



# Naturism is...

A way of life in harmony with nature, characterized by social nudity to encourage self-respect and respect for others and the environment. It is the conscientious practice of living life nude.

## Inclusive

- It is ideal for singles, couples, families and children alike. It's a way of life that anyone can enjoy.
- Naturists are accepting and non-judgmental regardless of age, body type, colour, gender, orientation, social status or cultural background.
- It can accommodate all interests, activities and abilities.

## Beneficial

- Naturism offers physical, social and psychological benefits.
- It promotes body acceptance, self-esteem and mental health.
- Exposure to sunlight allows the body to synthesize Vitamin D and absorb calcium, while boosting immunity and helps with chronic illnesses.

## Freeing

- Those who experience naturism for the first time are pleasantly surprised at how comfortable they feel.
- When you undress, you shed a small part of the burden and stress of everyday life.
- We are all born NAKED! Feel the joy of being your authentic self!



## Fun

- Enjoy activities year-round including bowling, hiking, swimming, yoga, volleyball, etc..
- Naturists can enjoy their way of life at beaches, naturist clubs/resorts, camping and in their own homes.
- The Federation of Canadian Naturists (FCN) offers opportunities to connect with others through in-person and online events all year round.



**"The finest clothing made is a person's own skin, but, of course, society demands something more than this."**

**- Mark Twain**