

Presidents Who Loved Skinny Dipping

President **John Quincy Adams** loved swimming in the Potomac River. An avid swimmer, Adams began his daily tradition of waking up between four and six o'clock in the morning to swim in the river while serving as secretary of state for President James Monroe. Swimming was his primary source of exercise, as he explained in an 1819 diary entry: "I find it, as always, conducive to health, cleanliness, and comfort." As was common at the time, John Quincy Adams left his clothing on a nearby rock, skinny dipping in the Potomac for "an hour and half to two hours" at a time.

Upon moving into the White House in 1825, he continued his daily routine, and even brought his steward, Antoine Michel Giusta, with him. To reach the river, Adams and his companions swam the Tiber Creek near the White House (now beneath Constitution Avenue), a tributary of the Potomac.

Anne Royall, one of the first female journalists, was determined to interview Adams for her paper. He kept refusing, so one morning she met Adams at the shore during one of his swims, sat on his clothes, and demanded that he answer her questions.

Theodore Roosevelt. The great naturalist liked to disrobe and commune with nature on occasion. But Teddy didn't limit his skinny-dipping to private recreation. In 1903, Roosevelt and Forest Service Chief Gifford Pinchot took the French Ambassador for a jaunt in the woods and when they got to the Potomac, Pinchot and the President took off their clothes and dove in. The French ambassador joined them.

Franklin Roosevelt: In June 1937, he invited every Democrat in the House and Senate to be his guest for a weekend getaway at the Jefferson Islands Club on the Chesapeake Bay. The president treated them to a weekend of skeet shooting, fishing, poker and skinnydipping. The New York Times reported he had done himself "a world of good," easing tension with congressional Democrats.

John F. Kennedy: JFK frequently took nude dips in the White House pool to unwind, sometimes solo, oftentimes with friends.

Lyndon Johnson: Shortly after being sworn in, LBJ invited **Billy Graham** to the White House for an "encounter that included both prayer and skinny-dipping in the White House pool." LBJ often broke the tension of White House leadership meetings by having everyone go skinny dip together in the pool.

Jimmy Carter: Carter was said to live “a sheltered world with ‘no villains’ and lots of country pleasures—a spare-tire swing and a tree house in a mulberry out back; catfishing in the swamps and skinny-dipping in the pond.”

Source: TheNewRepublic

First Lady Melania Trump: never afraid of the nude body, Melania Trump is literally a "poster woman" for nude photography and skinny dipping.