

Did You Know?

(NAPS)—You can give the Royal history buff in your life (including yourself) hundreds of documentaries about the Duke and the Duchess of Cambridge and other royals around the world with a True Royalty TV special holiday offer. See www.trueroyalty.tv for details.

Creating a quit plan and using proven-effective resources, such as those available, free, from Tobacco Free Florida, can significantly increase your chances of quitting tobacco for good. Check out www.TobaccoFreeFlorida.com or call 1-877-U-CAN-NOW (1-877-822-6669) to start your Quit Journey.

“Backyarding”—the trend to move indoor activities outdoors—is here to stay and will continue to expand in 2022, according to the TurfMutt Foundation, an environmental education and stewardship program that encourages outdoor living and caring for green spaces. Learn more at TurfMutt.com.

Connected digital fitness platforms, such as JRNY, can help you fit exercise into your schedule with a range of personalized, trainer-led workouts. It's integrated with select Bowflex cardio products and available via an app on mobile devices or tablets. Learn more at www.bowflex.com/jrny.html, www.bowflex.com/jrny/subscribe/checkout and www.bowflex.com/max-trainer/mt16/100915.html.

According to a recent report by the International Health, Racquet and Sportsclub Association, 83 percent of people who exercise in-person with a personal trainer are on track to meet their fitness goals. Learn more at www.vasafitness.com.

Iowans can protect their own health and that of those they care about by



getting COVID-19 vaccines and boosters. They're safe and easy to get and are a great first step to a healthy 2022. For more information and to find a vaccine, visit www.vaccines.gov.

Floridians can protect their own health and that of those they care about by getting COVID-19 vaccines and boosters. They're safe and easy to get and are a great first step to a healthy 2022. For more information and to find a vaccine, visit www.vaccines.gov.

Bay Staters can protect their health and that of those they care about by getting COVID-19 vaccines and boosters. They're safe and easy to get and are a great first step to a healthy 2022. For more information and to find a vaccine, visit www.vaccines.gov.

Washingtonians can protect their own health and that of those they care about by getting COVID-19 vaccines and boosters. They're safe and easy to get and are a great first step to a healthy 2022. For more information and to find a vaccine, visit www.vaccines.gov.

National School Choice Week (January 23-29) celebrates students and the different learning environments that help them be successful and inspired. Families and educational leaders use the Week to raise awareness about opportunity in K-12 education. Learn more about school choices at www.schoolchoiceweek.com.