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## Your Free Monthly Shred News! Jan 2018

### Your Monthly News & Updates

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\* Minimum of weekly service.

## The Secret to Setting & Keeping Resolutions

It's estimated that 40% of Americans set New Year's Resolutions. For comparison, about one third of Americans watch the Super Bowl each year. Yet, according to Forbes, only 8% of resolutions are achieved and as many as 80% have failed by February.



Not surprisingly, the most common resolutions deal with health, fitness and weight loss. So what's the secret to those 8% who actually achieve them?

1. **Be Realistic** - For example, have you struggled with your weight for most of your life? Expecting to be swimsuit ready by summer may not be realistic.
2. **Inspire Yourself** - Strive to set goals that make you excited. For example, if you want to stick to a budget and get your spending under control, inspire yourself to do so. Set a goal like "Pay off my credit card debt and save \$3,000 to go to Costa Rica this Fall."
3. **Establish & Trust the Process** - If your goal is related to weight loss, rather than set an exact number, make your resolution to see a nutritionist, exercise 3 times a week and cut out sugar.
4. **Celebrate the Wins** - Don't just set big goals. Focus on smaller, achievable milestones and decide in advance how you'll celebrate. For example, if you're growing your business and you have a sales figure in mind, reward yourself with a new laptop, or tickets to a sporting event or concert when you achieve it. And, set smaller celebrations for hitting the half way mark.

Source: Success & Forbes

## People Who Live to 100 Have These Things in Common

A study of people living in Cilent, Italy, a remote village known for people who live past 90 found they tended to have certain traits in common. It turns out you need to watch more than what you eat if you intend to live to 100.



Here are six traits they shared:

1. **Resilience and Adaptability** - They described themselves as always being ready for changes and viewing them as a chance to grow, even when change meant the loss of a spouse or child.
2. **Accept & Recover From Things They Can't Change** - They had all been through loss of loved ones, depression, and more but they believed they had to accept the things they can't change and fight for the things they can.
3. **Strong Work Ethic** - They had a solid, lifetime work ethic and notable confidence in themselves.
4. **Positive Attitude** - While their physical health may have deteriorated, their mental health remained high. Things like happiness and life satisfaction went up. Levels of stress and depression went down with age.
5. **Close Bond with Family, Religion and Country** - They had strong social connections, social support and engagement as well as firm religious beliefs and practices and a strong foundation in loyalty to country.
6. **Remained Active** - Most worked regularly in their homes and on their land. They felt it gave them purpose even after old age.

Source: Time

## The Science Behind Why Volunteering is So Good For Us

Ichiro Kawachi, a professor at Harvard's School of Public Health says, "volunteerism is good for the health of the people who receive social support, but also good for the health of people who offer their help."



Scientists explain that rallying together for a cause makes us feel less alone and strengthens connections. Evidence supports the idea that regular acts of volunteerism are linked to health benefits like lower blood pressure, decreased rates of depression and mortality.

The brain actually behaves differently during acts of generosity than it does during hedonistic activity, says Dr. Richard Davidson, neuroscientist and founder of the Center for Healthy Minds at the University of Wisconsin. Helping others gives us a sense of purpose.

Dr. Deepak Chopra explained, "The moment you identify yourself as separate from other beings, or other people, or separate from life in general then you will suffer."

Dr. John Rowe, professor of health policy and aging at the Columbia University Mailman School of Public Health says he would ask retired patients, "Do you smoke? Do you exercise? What's your diet like? Do you volunteer?"

Source: New York Times

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