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Helping You Stay Informed, Engaged & Protected

ALL POINTS  
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## Your Free Monthly Shred & Med Waste News!

Nov 2018

### Your Monthly News & Updates

As the leader in information management, destruction and medical waste disposal, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

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## Thanksgiving Special Gather Your Shredding and Save 10% on a Purge!



Records kept beyond their required length of time, become a liability.  
How long do you really have to keep those documents?

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### Did you know All Points offers?

- On-Site Document Shredding
- Hard Drive and Media Destruction
- Medical Waste Disposal
- On-line Compliance Training (HIPAA, BBP, DOT, OSHA)

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\*Must be minimum of \$500 purge before discount to qualify for promotion. Must be booked and performed by

## 2 Year Old Shreds Parents' Savings

When a Utah couple went to look for an envelope that contained more than \$1,000 in cash, they discovered it was missing.



The envelope contained money the couple had saved to pay back the husband's parents for the purchase of season tickets to University of Utah.

As they were digging through the trash, they found the missing envelope...in the shredder! Turns out the couple's two year old toddler figured out how to use the shredder and shredded all of the money.

The couple was told that the government may be able to help them recover some of the money. They were told to bag it up in little Ziploc bags and mail it to Washington D.C.

Source: WPTV News

## Fun Thanksgiving Facts

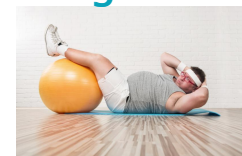


- Each year the President of the United States pardons a turkey sparing it from being eaten for Thanksgiving dinner.
- Wild turkeys can run 20 miles per hour when they are afraid.
- The heaviest turkey on record weighed 86 pounds.
- Campbell's soup created the green bean casserole for an annual cookbook 50 years ago. Today Campbell's sells \$20 million worth of cream of mushroom soup!
- The average turkey on Thanksgiving weighs 15 pounds.
- Americans eat an average of 46 million turkeys on Thanksgiving.
- Benjamin Franklin wanted the turkey to be our national bird, rather than the eagle.

Source: All Parenting

## Not Exercising More Deadly Than Smoking

A recent study conducted by a cardiologist at the Cleveland Clinic found that getting little or no exercise is just as bad, or worse, than smoking.



Even the author of the study, Dr. Wael Jaber, M.D., said the results were surprising. Turns out the biggest health risk is not being physically fit. Those who had the highest levels of aerobic fitness lived the longest. This was especially true

in those over age 70.

In the study, subjects were broken up into five performance groups: elite, high, above average, below average and low. Elite performers were those in the top 2.5% of aerobic fitness by age and gender. The elite group had almost 30% lower mortality than those who were rated as high performance.

Source: CBS News

## 5 Benefits of Being Grateful



- **Improves Physical Health** - Grateful people have fewer aches and pains and report feeling healthier according to a 2012 study.
- **Improves Psychological Health** - Gratitude reduces emotions such as envy, angry, resentment, regret and frustration, which are known to be toxic emotions. Research shows gratitude increases happiness.
- **Improves Self Esteem** - A 2014 study revealed that gratitude improved an athlete's self esteem and optimized their performance. Turns out grateful people are not resentful toward those who have more money or better jobs but instead are able to appreciate others' accomplishments enhancing their health, quality of life and performance.
- **Mental Health** - Gratitude plays a significant role in helping people overcome stress and trauma. Studies show Vietnam Veterans with higher levels of gratitude had lower levels of post traumatic stress disorder.
- **Better Sleep** - Grateful people have improved sleep. Just taking 15 minutes a day to write down what you're grateful for allows you to sleep longer and better according to a study in Applied Psychology.

Source: Psychology Today

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