

Your Free Monthly Newsletter From Your Friendly Shredding Company
Helping You Stay Informed, Engaged & Protected

ALL POINTS
mobile shredding



ALL POINTS
medical waste



Your Free Monthly Shred & Med Waste News!

September 2019

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.

[Visit Our Website](#)

Hurricane Cleanout!

Ten FREE boxes when you shred 100
Five FREE boxes when you shred 50



Records kept beyond their required length of time, become a liability.

How long do you really have to keep those documents?

[Click Here for Record Retention Schedules](#)

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)

Call Now:
772.222.3266

[Click Here For More Information About Our Current Special](#)

You Shredding Rates May Be Going Up!

Many national, regional and local shredding companies have increased your prices. Due to the decline in paper prices (shredding companies get paid on the back end for their shredded paper), many document shredding companies are instituting a mandatory "recycling fee" and also increasing fuel costs.



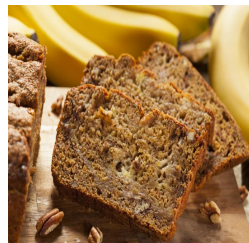
Expect to see your document shredding invoices go up as 20% or even more!

All Points Mobile Shredding will not be instituting any 'environmental,' "recycling" or "fuel" fees to compensate for the loss of paper revenue. Why? We believe our clients should not be penalized for a commodity that fluctuates with market trends and we pride ourselves on these 3 things that make All Points Mobile Shredding unique.

- **Our Shredding Experts are Military Veterans**
- **We Have Deep, Long-Term Roots in South Florida Communities**
- **Deep Relationships are the Foundation of our Service, and Even Goes Beyond it.**

[Click Here to Learn About All Points Shredding Services](#)

4 Tips To Keep Bananas From Browning



Bananas are the perfect fruit. They are easy to peel, keeping the inside of the fruit clean. They make wonderful loaves of bread. However, we likely can all agree that we've thrown away entirely too many bananas that ripened faster than we could eat them. Here are a few tips to help your bananas stay yellow a little longer:

- Buy a variety of colors. Purchase some yellow bananas that are ready to eat along with some green ones that still need to ripen. This slows the ripening of the yellow ones.
- Place a kitchen towel over any bananas you don't want to ripen any further. By protecting them from natural sunlight, it increases their shelf life by several days.
- Keep your bananas separate from other produce. Putting your avocados on top is a sure way to speed up the ripening of your bananas.
- Use plastic wrap around the stem of the banana cluster. This keeps them fresh longer. Often organic bananas will come pre-wrapped in this way.

Your Life Span Can Be Affected By Even Just a Small Amount of Exercise

According to a new study, even just a small amount of exercise can increase your life span. Alternatively, too much sitting is associated with an increased risk of early death.



In a recent Norwegian study, 36,000 adults ages 40 and older were observed for 6 years.

Death rates fell dramatically as total amount of activity in the subjects increased, Researchers concluded that physical activity, regardless of intensity, was connected to a significantly lower risk of death.

Any amount of exercise, light, moderate or vigorous are beneficial. Some examples of light intensity are slow walking and house hold chores. Moderate activity can be brisk walking, mowing the lawn and vigorous activity are activities like jogging and carrying heavy loads.

The study recommends at least 150 minutes of moderate or 75 of vigorous activity per week. And to avoid sitting for long periods of times.

The message is to sit less and move more to live longer.

Source: WebMD

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www.shredwithme.com

STAY CONNECTED:

