

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! January 2020

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](#)

New Year Special!
**Become a Monthly Shredding or Medical
Waste Customer (or Refer One) and get
a 20 Box Purge for Free!**



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](#)

*For recurring service with a minimum of monthly service. Applies to Shredding or Medical Waste Service

The Secret to Keeping Your New Year's Resolutions

Approximately 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. How about losing a pound a week for the next 3 months?
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 Magazine & Forbes

Common Traits of Those Who Live Healthfully to 100

A study of people living in Cinto, 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

Book Your Shred Day or Clean Out Now!

January through April is the busiest time of year for our clients who host "Shred Days" or "Shred Events" for their own clients, prospective clients, or community as a whole.



The first quarter signifies clean out, fresh start, tax and Earth day. It's also prime time for residential and business document purges!

Call now to get on our schedule. We are booking up Fast!

Tips for a successful Shred Event!

- Plan it on a Saturday when people are not at work. A 2-4 hour window works best.
- Advertise, advertise, advertise! We found our clients' success is directly related to the marketing they do. Consider taking out an ad in the local newspaper, advertising on social media, enlisting radio and tv, and mailing post cards to clients or prospective clients.
- Limit it to 2-3 boxes per person. And, if people have more, consider charging \$10-\$20/box to donate to a charity of your choice.

[Click Here to Learn About One Time Purges!](#)

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www.shredwithme.com

STAY CONNECTED:

