



November Newsletter

Your Free Monthly Shred & Med Waste News!

Visit our website



## No-Touch Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering "No-Touch Shred Events" for you:

- Confidential Documents
- Hard Drives

**EVERYTHING IS SHRED ON SITE!**

FRIDAYS FROM 9:30AM-10:30AM

Peter's Hardware  
975 SE Federal Hwy, Stuart, FL  
(Across from the McDonald's on Us-1)

*\$20/ Box. \$25/hard drive.  
(CASH only. Credit Cards for 5 or more boxes)*

## November Special!

### *Hard Drive Destruction\**

Shred 10 or more Hard Drives and get a \$50 Discount!

\*Valid during November 2021.



All Points offers on-line compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire & Electrical Safety & Hand Hygiene.

For More Information,  
Call 772.222.3266

**Maybe Age Isn't Why Your Metabolism is Slowing Down**





## Interesting Facts About Thanksgiving - Did You Know?

- The first Thanksgiving was celebrated in 1621 over a 3-day long harvest festival.
- The first Thanksgiving did not include turkey. Rather it included venison, duck, goose and fish.
- The average number of calories consumed on Thanksgiving is 4,500. That's over one pound and 8 Big Macs.
- The first Macy's Thanksgiving Day Parade was in 1924
- 46 million turkeys are eaten every Thanksgiving.
- Campbell makes 40% of its total sales of cream of mushroom soup for the year around Thanksgiving.
- Americans consume 80 million pounds of cranberries during Thanksgiving.

Source: Good Housekeeping

A new study published by *Science* analyzed data for 6,500 people ranging in age from infants to the elderly.

The study found that resting metabolism holds steady from age 20 to 60, at which point it decreases by 1% per year.

Turns out our metabolism slowing down is less about age and more about life-style.

Here are some tips to reignite your metabolism:

- **STAY ACTIVE THROUGHOUT THE DAY** - Many of us have slowed our metabolisms because of prolonged sitting. Experts suggest this is THE BIGGEST detriment to your metabolism.
- **DO THE RIGHT KIND OF EXERCISE** - The HIIT training style has been shown to have the greatest impact on your metabolism. It involves periods of exercising intensely with an elevated heart rate with alternated recovery periods. One study found that after 12 weeks of HIIT, overweight men can reduce belly fat by 17%!
- **FUEL YOUR BODY WATER & PROTEIN** - Eating and drinking water increase your metabolism afterwards to process the nutrients. Reduce processed carbs for maximum results.
- **REST** - Sleeping fewer than 7 hours has negative health implications including weight gain. 1 in 3 Americans do not get the sleep they need.

Source: CNN Health

**Call Now for a Free Quote 772.222.3266**



## The Power Of Saying No



For many of us, the thought of saying no is scary. We like to be agreeable and social. Whether someone is asking you to do a favor, for a task or to have coffee or lunch, blindly saying yes can make you feel overwhelmed and over committed. It also results in having to say no to something else, like family or exercise or alone

time, even if unintentionally.

Saying no can mean respecting your own schedule and time, and in turn, respecting others by not falsely promising something that won't happen. Here are some tips:

**Stop & Assess** - Rather than accepting or declining on the spot, take some time to look at your calendar and thinking about if you are putting unnecessary pressure on yourself. It's okay to tell them you'll get back to them.

**Don't Do Guilt** - There is nothing wrong with saying no. You can't do everything or please everyone. Saying no can be very powerful and healthy. If someone makes you feel guilty about saying no, it tells you more about them than you.

**Say It the Right Way** - You can say no without offending anyone. Get straight to the point but keep it friendly Start with a compliment, thank them for the opportunity and then say no. You can then change the subject or excuse yourself. An example would be, "I'm so flattered you would ask me. I wish I could but I have too much on my plate right now. Thank you for asking."

Saying no can be liberating and also allow you to have more time and energy for the things that matter most and have the biggest return on investment in your life.

Source: Creative Boom



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Connect with us

