

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

ALL POINTS
mobile shredding



Your Free Monthly Shred News! Jan 2016

Your Monthly News & Updates

As the leader in information management and destruction, 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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Shred 6 Hard Drives for the Price of 5!

Shred one hard drive free for every five you shred during the month of January. Call now! 772.283.4152



[Click Here to Learn More About Hard Drive Destruction](#)

8 Secrets Smart People Know About Time Management

A failure to plan is a plan to fail. The difference between people who have a huge workload and seem to

magically balance all of it with the unexpected and family and



those who are overwhelmed all the time is the ability to prioritize.

Do you know your priorities? I mean do you really really know what will grow your bottom line, which relationships you need to be fostering, who you should be adding value to today and what you should be doing to further your own goals and growth?

Successful people know their top 2-3 priorities each day. They start their day with them and they understand that things will and do come up that will disrupt your plans. They plan accordingly for the unexpected. The greatest way, according to time management experts, to find time each day to spend on your priorities is to know which tasks can be delegated and ignored.

[Click Here to See Full List](#)

Has Your Child's Identity Already Been Stolen?



Children are 51 times more likely to be a victim of identity theft than adults according to a study by Carnegie Mellon University's CyLab. Children have to have Social Security Numbers in order for their parents to claim them as dependents on their tax return. Identity thieves are using the Social Security Numbers of children to file fraudulent tax returns, establish credit and then make illegal purchases or even apply for mortgages or rent using the child's identity. Often the victims do not learn of that they have been targeted and exploited until they are 18 and go to apply for credit, a scholarship or an educational loan. But, there is a way to protect your child! Put credit freeze on your child's credit report though each of the three credit reporting agencies. This freezes their credit without the use of a PIN.

[Click Here For Full Story And Tips On Freezing Your Child's Credit](#)

[FTC Warning Signs & Prevention Checklist](#)

Detox Your Body Safely



The holidays are finally over and you are likely feeling like you overdid it.

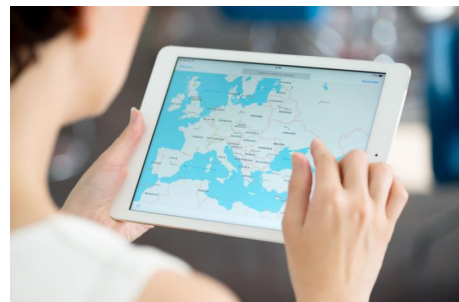
Are you ready for a fresh start in the New Year? Many turn to juice fasts

or detox diets. The purpose of these regimes is an attempt to boost fat burning, eliminate toxins and counteract inflammation.

However, there is limited research in the area of detoxes. There are some great steps you can take to ensure you start off 2016 right! When is the last time you cleaned out your refrigerator and pantry? Trash expired products and just anything that may tempt you to indulge in a high fat or unhealthy snack. When you are grocery shopping, make sure to focus your time on the perimeter of the store - where the fresh fruits, vegetables and meats are. Avoid processed, high fat foods found in the center aisles.

[Learn to Detox Your Diet Safely](#)

Most Useful Business Apps



Are you looking for the best apps to serve your business needs and to save you time and money?

Personal productivity apps provide you with the ability to be efficient and organized while you tend to your business. For example, Concur is an expense tracking and reporting app that helps its users track online. Expensify is self described as "expense reports that don't suck." This favorite app

can scan receipts and categorize expenses. Evernote continues to be a popular app for note taking and now has a premium version. In the area of travel, Uber is the go-to for transportation but is now getting competition from apps such as Lyft and Sidecar. Car2Go makes renting a car for 2 days or just 2 hours easy.

[Complete List of Top 20 Mobile Business Apps](#)

All Points Mobile Shredding & Medical Waste | 772.283.4152 | info@shredwithme.com | www.shredwithme.com

STAY CONNECTED:

