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Helping You Stay Informed, Engaged & Protected

ALL POINTS  
mobile shredding



ALL POINTS  
medical waste



## Your Free Monthly Shred & Med Waste News!

March 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.

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## Spring Clean Out Special! Sign Up For Monthly Shredding Service & Get 5 Boxes Shred 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)

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## 5 Tips to Avoid Tax-Return Identity Theft

Identity theft at tax season time has become an epidemic for criminals seeking your tax refund. Here are 5 tips to avoid becoming a victim.



1. Never carry your Social Security Card. Almost all identity theft involves a thief using your stolen Social Security Number (SSN) to file a fraudulent return.
2. Keep your SSN private. Only provide it when absolutely necessary. For example, when enrolling your children in school, they may ask for your child's SSN but it is usually optional.
3. Protect against computer spam. Use security software program and always run updates of your operating system to make sure you are protected. Additionally, do not donate or throw away your old computer. Make sure you shred your old hard drives. [Click here](#) to learn how we can shred your hard drives.
4. Shred bank and tax documents. Your old tax returns, receipts, credit card statements, bank statements all are gold mines to a thief. Make sure you use a reputable company to shred them for you. [Click here](#) to learn how we can shred your confidential documents on-site for you.
5. Reduce credit card solicitations. A thief can easily intercept a credit card offer you receive in the mail. Make sure you shred these offers and call 1-88-5-OPTOUT to reduce junk mail.

Source: Turbo Tax and IRS

## 8 Easy Ways to Burn 100 Calories

Here's 8 easy ways to burn an extra 100 calories a day. If you do just one of these activities every day, that's 700 calories a week, which will result in about a one pound of weight loss every 2 weeks!



1. Walking - If you walk for 20 minutes at 3mph, you will burn 100 calories.
2. Bowling - 30 minutes of bowling burns 100 calories.
3. Golfing - If you're willing to walk and carry your clubs, you'll burn 100 calories in just 15 minutes.
4. Yard Work - Raking leaves or weeding burns 100 calories every 23 minutes.
5. Housework - Cleaning at a moderate pace will burn 100 calories in 26 minutes. Or you can burn 100 calories mopping for 20 minutes, cooking dinner for 34 minutes or doing dishes for 40 minutes.
6. Washing the Car - 20 minutes spent cleaning your car will burn 100 calories.
7. Kids Play - Carrying an infant for 24 minutes burns 100 calories and so does playing with your kids for 23 minutes.
8. Gym - Riding the stationary bike for 23 minutes burns 100 calories. For a faster 100 calorie burn, use the elliptical for 8 minutes or run up and down the stairs for 6 minutes.

Source: Active Beat

## Damage of Lost Sleep During Week Can't Be Made Up Over Weekend

Researchers now say that sleeping in on the weekend will not eradicate the negative consequences of being sleep deprived during the week.



A new study in Current Biology reports that "rebound sleep" can actually add to the problems that stem from not getting enough sleep during the week. You need a minimum of 7 hours and preferably 8-9 per night for maximum health benefits.

Symptoms and complications from lack of sleep include depression, anxiety, weight gain, slow metabolism, inflammation, memory impairment and substance use.

Source: Healthline

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