



Your Free Monthly Shred & Med Waste News! February 2020

Your Monthly News & Updates

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* Purge job must be booked and performed in February 2020.

All Points' Owner Brian Connelly Appointed as

Secretary of i-Sigma/NAID

Brian Connelly, Owner and CEO of All Points Mobile Shredding was appointed to the office of Secretary for i-Sigma (International Secure Information Governance & Management Association, formerly NAID).



Brian Connelly previously served on the i-Sigma Board of Directors. Co-President Christopher Jones said "[W]e decided to promote someone who was already familiar with the issues...We're very lucky to have someone of Brian's acumen and integrity willing to step up."

Brian recently attended the Board of Directors Face-to-Face meeting in Arizona to discuss key issues facing the industry.

[Click Here to Learn About All Points' Owner Brian Connelly](#)

Credit & Debit Cards Exposed in Wawa Breach Now Up for Sale on Dark Web

Millions of credit cards stolen in December's Wawa data breach are now being sold on the dark web, for an average of \$17.



Wawa acknowledged the breach last December stating malware was discovered on December 10 and contained by December 12. However, the malware had been running on its systems since March 4.

The data breach exposed cardholder's names, numbers and expiration dates of cards used both in the stores and at the pumps at "potentially all" Wawa locations.

It is estimated that more than 30 million cards were compromised during the breach. The highest exposure of cards comes from locations in Florida.

Wawa has agreed to pay for one year of identity theft protection and credit monitoring for affected consumers. If you suspect you were a victim, call 1-844-386 9559. Under federal law, if you review your statement and see fraudulent charges you will not have to pay for them if you notify your card company.

Source: Philadelphia Inquirer

How Many Push Ups to Lower Your Risk of Heart Attack?

Cardiovascular disease and stroke are the leading

cause of early death. Physical fitness is a strong predictor of health.



According to Harvard's School of Public Health, push-up capacity can help assess cardiovascular disease risk. The study found sit-up capacity is a stronger predictor than even treadmill tests. Here's what the study found:

- If you can do more than 40 - great
- If you can do 15-20 - not as great
- If you can only do 10 or fewer - you need to get to work

Researchers found that every pushup you can do over the baseline of 10 decreases your risk of heart disease.

Here's a suggested plan: Commit to a three times a week schedule. Start with 10 pushups (or as many as you can do). Rest for 60-90 seconds and do another set till failure. Repeat one more time, for a total of three sets.

Source: Inc

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