

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! July 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

Independence Day Special! 10% Off Your Purge!



Doing a summer clean out?

Call now for 10% off your purge when you mention this special.

For More Information Call Now:
772.222.3266

*Job must be booked and performed in July 2020

No-Touch Friday Shred Events at All Points

We are currently not accepting drop off's due to COVID-10.

Instead, every Friday All Points Mobile Shredding is offering "No-Touch Shred Events" for people who are working from home or just finding themselves with time to clean out old documents &



hard drives.

When? Every Friday from 9:30-10am

Where? All Points Mobile Shredding, 505 SE Central Parkway, Stuart, Florida

What? All confidential documents, hard drives, and media

How Much? \$20/box (Cash only. Credit Cards for 5 or more boxes). \$25/hard drive if it's out of the tower. Extra \$10 to remove from the tower.

Important: Please place all your documents in your truck and remain in the car. Our Experts will do all the heavy lifting

Everything will be shred on-site!

**For More Information Call Now:
772.222.3266**

Paper Identity Theft As Destructive as Cyber



Over half of all consumer private information is in paper format, not electronic. Consumers are most susceptible to data breaches with paper documents.

In fact, over half of all data breaches recently have involved paper. Here are some tips to stay protected:

- **Monitor Your Mail** - Many pieces of junk mail and offers contain enough personally identifying information to lead to identity theft and fraud. Deposit out going mail with checks, credit card information in a securely locked post box at the post office and be sure to properly shred all your junk mail. [Click Here To Learn About Residential Shredding](#)
- **Monitor Your Accounts** - Opt into text and e-mail alerts from your bank and credit card companies so receive updates on your balance and alerts for irregular spending, big purchases or suspicious activity. A good practice is to select one specific credit card for all your online purchases. Save your statements for 7 years and then be sure to shred them.
- **Protect Sensitive Data** - Often times paperwork will request a drivers' license number or Social Security Number, but it's optional. Do not give out this information unless it is absolutely necessary. Make sure with the requester that these documents are shred at the end of their life.
- **Avoid Unsecured WiFi** - Never make purchases or enter private information when you are connected to an unsecure network. These are breeding grounds for hackers to target unsuspecting victims.

Source: CNBC

Tips for Making Walking Even More Effective

In the midst of the COVID-19 Stay-at-Home Order, getting outside to walk has become a treasured freedom. Walking has many mental and physical benefits but Sport Scientist Joanna Hall says there are 4 things we often get wrong when we walk. Here are 4 ways to make sure you ease your aches and pains and get the most out of walking:



1. Use Your Stepping Foot To Power You- Most people use their back foot to push off (think ice skater) when walking. This is from sitting too much and having tight hip flexors. Focus on the stepping forward foot and use your glutes.

2. Walk Heel to Toe - Instead of putting your foot down flat as most people do, use the joints and suspension in your foot touch heel to toe. Stepping flat over time will cause your ankles to be less flexible and can cause shin muscles to weaken (resulting in shuffling not walking).

3. Don't Let Your Head Hang Forward- Most people spend so much time on screens causing our heads to jut slightly forward. This can create neck and back problems. Instead, pull your shoulder blades back and together and lift your head when you walk.

4. Dangle Arms Freely - This should happen naturally if you're doing steps 1-3. Most people force them into a tense, power-walk movement which will tighten up your muscles and through your posture off

Source: The Guardian

Top 15 Foods to Boost Your Immune System

There's never been a better time to build up your immune system. Studies show these 15 foods increase production of white blood cells to help fight infection.



1. Citrus Fruits
2. Red Bell Peppers
3. Broccoli
4. Garlic
5. Ginger
6. Spinach
7. Yogurt
8. Almonds
9. Sunflower Seeds
10. Turmeric
11. Green Tea
12. Papaya
13. Kiwi

14. Chicken Soup

15. Shellfish High in Zinc (oysters, crab, lobster, mussels)

Source: Healthline

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

www.shredwithme.com

STAY CONNECTED:

