

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! August 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

Back To School Special!
Shred 3, Get 1 FREE
@ No-Touch Shred Event



**Shred 3 boxes of documents, get the 4th box free at Our
Weekly "No-Touch" Shred Events -
Every Friday in August!**

See Below for No-Touch Shred Event Details.

All Documents & Hard Drives Shred on-Site!!

**For More Information See Below or Call Now:
772.222.3266**

*Valid Every Friday in August from 9:30-10:30am.

**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**

You're Never Too Old To Get Back Lost Muscle!

Our muscles fatigue and grow weaker as we age. Simple household tasks like bringing in groceries or lifting a child become more difficult.

Starting in our 30's, we lose up to 8% of our muscle mass each decade. But, we can prevent and reverse it.



The Key is Strength Training!

The issue is that most of us are professional sitters. Muscles like hip flexors and chest muscles become short and tight. It shuts down signals to other important muscles, like glutes and upper back, so they too become weak.

How to Start to Rebuild:

- Start by targeting glutes and back muscles. These are major muscles that are critical for posture, balance, running, jumping, and lifting.
- Start at home by making time to stretch, do sit ups, planking, do push-ups, burpees, and even walking lunges across your house or down the driveway or sidewalk.

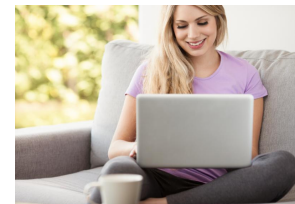
- Perform a high number of repetitions with lighter weight. Start with nothing and then you can use a gallon jug you fill half way (4 lbs), then all the way (8 lbs).
- Aim to strength train 2-3 days a week with aerobic activity at least 5 times a week and stretch at least 2 days a week.

"Exercise is better than any drug" says Dixie Stanforth (associate professor at University of Texas at Austin's Department of Kinesiology and Health Education) in reversing the effects of osteoporosis and building strength.

Source: The Washington Post

Top Tips for Successful Working from Home

Working from home has become common place with the recent pandemic. But, there are so many distractions. Here are some tips to be more productive:



1. **Remove Distractions** - Take social media off your work computer. Leave your personal cell phone in another room.
2. **Don't Be Afraid to Speak Up If Something Isn't Working**- If you see something out of place, don't be afraid to see if your coworkers are seeing the same thing and bring it to the attention of leadership.
3. **Remember What's Worked in the Past** - Take your best habits when you worked in the office and apply them at home. Think about ways you communicate best and how you set priorities.
4. **Be Consistent** - Set consistent work hours and communicate with updates at regular times each day with your team. Consider tools like Teams and Slack for office communication.
5. **Over-communicate** - when people are not physically together, miscommunication can occur more frequently. Make sure to clarify goals and projects. Ask "what done done look like? (when is it due? who else do you need to involve? what other resources do you need? etc)
6. **Recognize Your Team and Your Peers** - when we work remotely, there is less opportunity to recognize other's achievements. Make sure you are taking time to recognize at least one person's achievements weekly.
7. **Make Time to Exercise and De-Stress** - Working from home brings additional stress of pets, kids, as well as dealing with all the issues at hand during the pandemic. Make time to relieve your stress and "fill your tank" so you can perform at your best and be emotionally healthy.

Source: New York Times

STAY CONNECTED:

