



April Newsletter

Your Free Monthly Shred & Med Waste News!

Visit our website



## No-Touch Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering "No-Touch Shred Events" for you:

- Confidential Documents
- Hard Drives

**EVERYTHING IS SHRED ON SITE!**

FRIDAYS FROM 9:30AM-  
10:30AM

Peter's Hardware  
975 SE Federal Hwy, Stuart, FL  
(Across from the McDonald's on Us-1)

*\$20/ Box. \$25/hard drive.  
(CASH only. Credit Cards for 5  
or more boxes)*

## May Special!

### Shred 3 Get 1 Free!



Bring 3 boxes to our Friday Shred Event at Peter's Hardware and get the 4th box shredded for FREE!

**For More Information,  
Call 772.222.3266**

## Top Behaviors Putting You at Risk for Identity Theft



Using same password for multiple websites. Even though it's much easier to have the same website, when a hacker gets a hold of it, they can now access all your banking websites, shopping



## Interesting Facts - Did You Know?

- Three founding fathers all died on July 4 - Thomas Jefferson, John Adams & James Monroe.
- The tallest man on record was 8 feet, 11 inches tall.
- The oldest person lived to be 122 and she died in 1997.
- The original name for the Google search engine was Backrub

Source: Parade



websites and more. It's best to use a password app and allow it to create random passwords for each site.

**Social media oversharing of information and not setting proper privacy settings.** Sophisticated hackers notice your birthday photos that mark your birthdate and childhood memories that they can use to guess passwords. And, remember NOT to post your student's new driver's license in a photo with them when they get it.

**Not updating your software for your apps.** These updates often provide solutions to security holes that have been discovered. To protect your identity make sure to update them as soon as you see an update.

**Not shredding your mail.** We all get credit card offers and mail that contains personally identifying information. Make sure you are shredding your residential mail. [Click Here](#) to learn about how to stay secure with residential shredding.

Source: NBC

**Call Now for a Free Quote 772.222.3266**

## Live Longer By Engaging In One of These Sports



stronger *and* longer.

The Center for Disease Control recommends 150 minutes of moderate aerobic exercise or 75 minute of intense activity each week. However, only about half of Americans actually get that.

Most of us know the many health benefits of exercise, but a new study in *Mayo Clinic Proceedings* found that certain sports can help you live

1. Tennis: 9.7 years
2. Badminton: 6.2 years
3. Soccer: 4.7 years
4. Cycling: 3.7 years
5. Swimming 3.2 years
6. Jogging: 3.2 years
7. Calisthenics: 3.1 years

Source: Eating Well



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Connect with us

