ALL POINTS mobile shredding

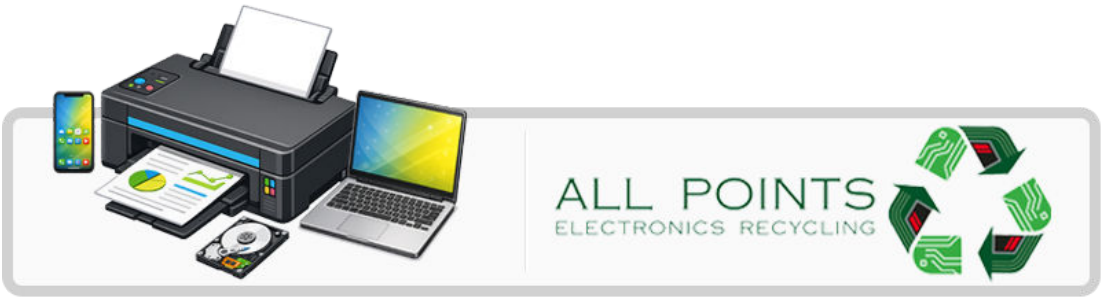
ALL POINTS medical waste

May Newsletter

Your Monthly Shred & Med Waste News!

Visit our website

YOUR TRUSTED SECURITY & COMPLIANCE COMPANY



All Points is expanding! Check out our new division!

In addition to secure shredding and medical waste services, we now offer **All Points Electronics Recycling** — providing secure electronics recycling and IT asset disposition (ITAD) services.

From hard drives and servers to laptops and backup media, protecting sensitive data doesn't stop at paper. We now offer:
• Secure hard drive destruction
• IT asset disposition (ITAD)

• Electronics recycling
• Serialized tracking and certificates of destruction
• Responsible, compliant downstream recycling

This is a natural extension of our commitment to protecting our clients and making compliance simple. Same family-owned company. Same trusted team. Expanded services.

If you have electronics to recycle or would like a quote, we would love to help.

Thank you for continuing to trust All Points.

Visit Our New Website Today!

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uRISQ Module Spotlight

Your Best Defense Against Data Breaches = Your Team

Technology can only do so much if your employees aren't prepared. Did you know that human error causes most accidental data breaches?

That's why uRISQ's Training module is so important. We'll provide your team with recurring, easy-to-follow training sessions on phishing, social engineering, and privacy best practices. By building awareness into everyday routines, you drastically cut the chances of costly mistakes.

Think of it as cyber self-defense classes for your staff, empowering your team to recognize and stop threats before they harm your business.

Contact us to learn more about uRISQ: 772.222.3266

Friday Shred Event:
Two Locations!

Every Friday, All Points Mobile Shredding is offering a Shred Event for your:

May Special
Get 1 Month FREE on Recurring Services

Sign a new 3-year recurring Shredding or Medical Waste service agreement in May and receive one month FREE — up to a $200 value!

- Valid for new 3-year recurring service agreements only
- Must be signed in the month of May
- Up to $200 value
- NAID AAA Certified
- HIPAA Compliant

- Confidential Documents
- Hard Drives

EVERYTHING IS SHREDDED 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 or check only)

All Points Mobile Shredding Cape Coral:
(Every second Friday of the month)
921 SE 13th Place, Cape Coral, FL

$25/box (credit card/debit card only)

May Health & Wellness

Forget 10,000 Steps: Here's What the Science Actually Says About Walking and Your Health

For years, 10,000 steps a day has been the magic number, but recent research suggests you may not need nearly that many to see major benefits.

A comprehensive review published in The Lancet Public Health, led by researchers at the University of Sydney, analyzed 57 studies from more than ten countries and found that walking just 7,000 steps per day

- Certificate of Destruction Provided

There's never been a better time to lock in reliable, compliant service for your business. Whether it's scheduled shredding or medical waste pickup, we make compliance simple.

Call us today at **772.222.3266** or visit allpointsprotects.com to learn more.

Are You Compliant? We Can Help!

All Points offers online compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire and Electrical Safety, and Hand Hygiene.

For More Information, Call 772.222.3266

All Points is Proud of Our Over 500 5-Star Google Reviews. Consider Writing One!

can reduce the risk of premature death by nearly 50%. The researchers also found that meaningful health improvements begin at as few as 2,000 to 4,000 steps per day and build gradually from there.

For older adults specifically, the benefits of walking tend to level off between 6,000 and 8,000 daily steps. For younger adults, the sweet spot is slightly higher, around 8,000 to 10,000, but the core message is the same: you don't have to hit a massive number every single day to protect your health.

Perhaps even more interesting is how you take those steps. A study published by the American College of Physicians found that walking in longer, uninterrupted stretches of 10 to 15 minutes significantly lowers cardiovascular disease risk — by up to two-thirds compared to accumulating the same number of steps in short bursts throughout the day. The research suggests that sustained walking gives your cardiovascular system a more meaningful workout than a quick trip to the break room.

Separate research from JAMA shows that even "weekend warriors" people who concentrate most of their physical activity into one or two days, see meaningful mortality reductions compared to those who are largely inactive.

The bottom line: any walking is better than none, consistency matters more than perfection, and longer walks are worth prioritizing when you can. So this May, lace up your shoes and get outside — Florida's weather won't get any cooler.

Sources: The Lancet Public Health (University of Sydney, 2025); ScienceDaily;

All Points Mobile Shredding and Medical Waste loves to delight our clients!

We believe our reviews speak for the level of service we provide.

We are proud of our over 500 5-star Google reviews and very thankful to our wonderful clients who provided them!

Click Here to Read Our Google Reviews

Click Here to Write All Points a 5-Star Google Review!

Your Brain on Books: The Surprising Science Behind Why Reading Makes You Healthier

In an age of endless scrolling, picking up a book might be one of the best things you can do for both your brain and your body.

A study from Yale University School of Public Health found that adults who read books for more than 3.5 hours per week were 23% less likely to die over a 12-year follow-up period compared to non-readers. Even reading for just 30 minutes a day showed a measurable benefit, and the advantage held up even after researchers controlled for factors like age, education, income, and overall health.

Harvard T.H. Chan School of Public Health; CNN Health

Security & Compliance

Your Biggest Cybersecurity Risk Isn't Hackers... It's Your Team

When most people think of data breaches, they picture a shadowy hacker exploiting a software vulnerability. But the data tells a very different story: the number one cause of security incidents is human error.

According to the 2025 Verizon Data Breach Investigations Report, 60% of all data breaches involve a human element — whether through clicking a phishing link, sending sensitive data to the wrong person, or failing to follow security procedures. Stanford University research puts the broader human error figure even higher, at 88% of all breaches.

Phishing remains the most common way criminals gain access to business networks. An estimated 3.4 billion malicious emails are sent worldwide every single day, and one in four employees has fallen for a phishing email at work. CISA reports that 84% of employees who receive a malicious email interact with it within just ten minutes of opening it — before most security systems have time to flag the threat.

The financial consequences are staggering. A successful phishing breach costs businesses an average of $4.8 million and takes an average

What makes reading so powerful? Research from Emory University showed that reading, particularly stories with strong narratives, physically reconfigures brain networks, and those changes persist for days after the reading takes place. The brain treats the experience of reading about an action almost as if it's performing the action itself, strengthening neural pathways related to language, memory, and sensory processing.

Reading also builds empathy. Studies show that people who regularly read fiction develop stronger "theory of mind", the ability to understand other people's feelings, beliefs, and motivations. This translates into better social skills, stronger relationships, and improved emotional intelligence in both personal and professional settings.

Perhaps most impressively, a 2013 study found that people who engaged in mentally stimulating activities like reading throughout their lives experienced a 32% slower rate of cognitive decline compared to those with average activity levels. Reading doesn't just entertain, it actively protects your brain against age-related deterioration.

And the stress relief? Researchers at the University of Sussex found that just six minutes of reading can reduce stress levels by up to 68%, more effective than listening to music, going for a walk, or sitting down with a cup of tea.

So whether it's a thriller, a biography, or a business book, the science is clear: reading is one of the most powerful and accessible health habits available.

Sources: Yale University School of Public Health (Social Science & Medicine); Emory

of 254 days to detect and contain. For healthcare organizations, the costs are even higher — averaging nearly $11 million per incident.

The good news? Organizations that invest in regular employee security training see phishing click rates drop dramatically — in some cases to as low as 1.5%. Training isn't a luxury, it's the most cost-effective security measure available.

All Points Mobile Shredding provides NAID AAA Certified document destruction and offers online compliance training for HIPAA, Hazcom, Bloodborne Pathogens, and more. Don't wait for a breach to take action. Call us at 772.222.3266 to learn how we can help protect your business.

Sources: Verizon 2025 Data Breach Investigations Report; IBM Cost of a Data Breach Report 2025; Keepnet Labs; CISA University; University of Sussex; National University; WebMD

WE OFFER ELECTRONIC & HARD DRIVE DESTRUCTION
Click Here to Learn More!

Call Now for a Free Quote
772.222.3266

"Success is not final, failure is not fatal: it is the courage to continue that counts."
- Winston Churchill

"The only limit to our realization of tomorrow will be our doubts of today."
- Franklin D. Roosevelt

"Small daily improvements over time lead to stunning results."
- Robin Sharma

Legal & Compliance

How Long Should You Keep Business Records? A Florida Guide to Document Retention

Most businesses hold onto records far too long, or worse, destroy them too soon. Both create real risk. Knowing the rules isn't optional when fines, audits, and lawsuits are on the line.

Federal and state regulations set minimum retention periods for different types of business documents. The IRS requires tax-related records to be kept for at least 3 years from the filing date, though some situations require 6 or 7 years. Employment records must be retained for at least 3 years under the Fair Labor Standards Act, while payroll tax records require a minimum of 4 years.

For healthcare businesses in Florida, the requirements layer on further. HIPAA mandates that administrative compliance documents, including privacy policies, training records, and business associate agreements, be retained for 6 years from the date of creation or last effective date. Florida law requires physicians to maintain medical records for a minimum of 5 years, while the American Medical Association recommends retaining all patient records for at least 10 years as a best practice.

Certain records should never be destroyed: articles of incorporation, ownership documents, corporate minutes, licenses, and deeds should be kept permanently.

The risks of getting this wrong go in both directions. Destroying records prematurely can result in IRS penalties, adverse rulings in litigation, and regulatory fines. But keeping records too long increases your exposure to data theft, particularly if sensitive employee or customer information is stored on outdated systems or in unsecured file rooms.

The smartest approach is to establish a formal document retention policy, review it annually, and partner with a certified destruction provider when

records reach the end of their required lifecycle. All Points Mobile Shredding is NAID AAA Certified and provides a Certificate of Destruction with every job, giving you documented proof of compliant disposal.

Call **772.222.3266** to schedule your document purge today.

Sources: GRM Document Management (2026 Business Records Retention Guide); Florida Department of State Division of Library and Information Services; IRS.gov; Florida Virtual Bookkeeper

Check Out Our 5-Star Google Reviews Here!

Click Here to Learn About On-Site Shredding

Click Here to Learn About Electronics Destruction

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