



## Your Free Monthly Shred News! August 2016

### Your Monthly News & Updates

As the leader in information management and destruction, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

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## Summer Shredding Special!

This month we are offering 10% off a purge of 10 boxes or more.



We are here to answer your questions or book your document shredding needs. Call Now! **772.222.3266**

[Click Here For More Information About Our Current Special](#)

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## Your Printer is a Security Risk!

Many printers that have the ability to multitask, such as printing and scanning simultaneously, or even being able to put a document into memory while another one prints. This ability is made possible because of a hard drive. What this means for you is that personal information is being stored on the hard drive making it accessible to other people who utilize the machine after you.



Most office printers as well as the machine you use at home do have this saving function. So what happens when your office printer goes back to the leasing company or you sell your personal printer? The subsequent user can

access important documents such as tax returns and personal letters to friends and family. Be mindful about what you copy, scan or print and where you perform such actions.

## [Learn About Destroying Your Hard Drive Safely](#)

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### All Points Gives Back in Haiti!

All Points Mobile Shredding Owner, Brian Connelly, and his ten-year-old son, Austin, returned from Haiti earlier this month. They helped with mission work at an orphanage.



Austin explains his favorite and most rewarding projects were adding a second story to the orphanage, as well as building picnic tables for the children to eat at. The group of volunteers also helped out in a different town by fixing a water well to provide clean water for the local residents to drink.

Last year, Brian brought his now 12-year-old daughter, Hana, to do the same type of work. Austin's fulfillment closely resembles Hana's excitement when speaking of their experiences. Both of them smile when they talk about, "loving on the other kids".

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### How To Lose A Pound Per Week!

Do you want to lose weight? Rigorous workouts are not for everyone. Reducing your daily consumption by 500 calories can help you lose one pound per week.



French fries and a burger can range from 600 to 1500 calories. Trade it in for frozen entrees that are typically under 300 calories. Some of them are delicious! When having items like rice, pasta, or even potatoes, only eat half the serving, and substitute it with a salad or vegetables instead. This can save up to 400 calories in one meal.

One of the hardest changes to make is dessert. Sometimes you just want that huge scoop of ice cream or cookies but by replacing these with something like a low fat yogurt or sugar free ice cream, you can save another 300 calories.

Lastly and something very few people think about is the condiments that you put on your sandwich or dressings that go on your salad. Light mayonnaise has only 50 calories per tablespoon and brown mustard has about five calories per tablespoon.

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