



November 2020 ALL POINTS Shredding & Medical Waste Newsletter

Furniture-Style Bin
Capacity: 100 lbs.



Fall Special!

Bring 3, Shred 4th box free. Come to our Friday Shred Event at Peter's Hardware & Get 4th Box Shred Free! *



For More Information See Below or Call Now: 772.222.3266

*Must mention this special. Valid during November at Friday Shred Events 9:30-10:30 at Peter's Hardware in Stuart.

No-Touch Friday Shred Events at Peter's Hardware

Fridays, All Points Mobile Shredding is offering "No-Touch Shred Events" for your confidential documents and hard drive and media that needs to be destroyed.



When? Fridays from 9:30-10:30am

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

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

Why Be Thankful?

Robert Emmons, the world's leading scientific expert on gratitude reveals why gratitude is good for our body's, minds and relationships. Experts have found that keeping a grateful journal and other practices like telling someone out loud what you are grateful for daily has these benefits:



- Stronger immune system
- Fewer aches and pains
- More likely to exercise
- Feel more alert and awake
- Sleep longer and better
- More forgiving
- More outgoing
- Less likely to feel alone, isolated or depressed
- Feel more optimism and joy

Source: Berkeley

Most Common Regrets

Coach John Wooden, one of the most revered coaches in sports, shared his advice on how we approach our lives on a daily basis so you have no regrets. Here are the biggest regrets people tend to have:



- **Wasted Time** - Coach John Wooden's rule from day one was "be on time" and there were serious consequences if players or assistant coaches were late. And he was always punctual himself. He also touted always giving your best. If a player appeared to be taking it easy during practice, not giving it his all, he told them, "Don't think you can make up for it by working twice as hard tomorrow. If you have it within you to work twice as hard, I want you to do it right now!"
- **Pursue a Career You're Passionate About**- To attain a piece of mind, Coach Wooden says you must truly enjoy what you're doing. Complaining,

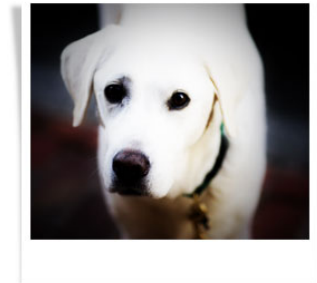
whining and making excuses keep you from living in the present. If your complaints are constant, consider changing what you are doing. If you lack enthusiasm for what you're doing, you'll never perform at the highest level.

- **Spending More Time with Friends & Family** - Don't get so concerned with making a living that you forget to make a life. The biggest regrets people have are not spending enough time with those you love. Resolve now not to have that regret. Schedule time, dates, vacations with friends and family.
- **Worrying What Others Thought About Me** - Be more concerned with your character than your reputation. Reputation is what people say you are. Character is who you really are and is much more important.
- **Let Go of Past Mistakes** - Don't be afraid of failure, be committed to learning from it. We all fail, but fear of failure is the greatest failure of all.

Source: Success

Top 3 Reasons to Own a Pet

- **Better Health** - Studies show having a pet is linked to lower blood pressure, lower cholesterol and decreased triglycerides, which contribute to overall better heart health.
- **More Exercise** - Experts recommend a minimum of 2 hours and 30 minutes of exercise per week. Those who own a dog, are much more likely to hit that goal. Those in their 70's and 80's who own and walk a dog report much lower body mass indexes.
- **Improves Social Life** - Dog owners tend to be more extroverted. Researchers found dog owners make friends 40% more easily.



Source: Huff Post

All Points Mobile Shredding & Medical Waste | 772.222.3266 | 505-509 SE Central Parkway,
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