



July 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

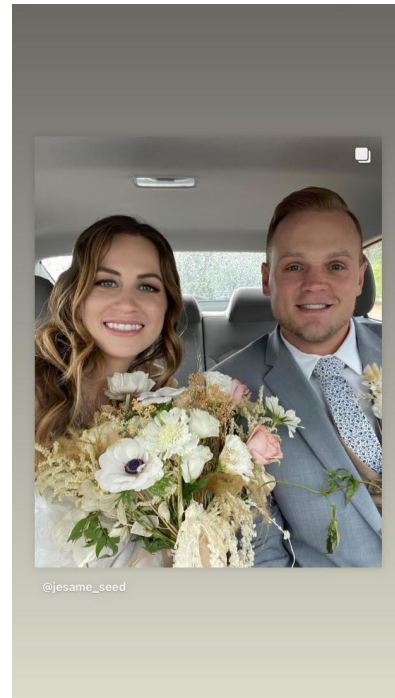
EVERYTHING IS SHRED ON SITE!

**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)*

Congratulations to Matt & Jessica!



Our awesome Medical Waste Expert Matt got married June 28 in Colorado!

CONGRATULATIONS!

**For More Information on
our Services,
Call 772.222.3266**

**How Long Does It REALLY
Take to Build Muscle?**



Interesting Facts - Did You Know?

- Canada eats more macaroni and cheese than any other nation in the world.
- There are more Lego mini-figures than there are people on Earth.
- Without Saliva humans are unable to taste food.
- A snail can sleep for 3 years.
- Dogs can be allergic to humans.

Source: Parade



Lifting weights is a great way to build strength, increase metabolism and stay healthy. But, you will not see instant results.

When you first lift weights you may think your muscles look bigger but this is due to blood flow increasing to your muscles temporarily enlarging them.

According to a study by Texas Tech, muscle growth begins after four straight weeks of weight training. However, noticeable gains are not seen for about 3 months of consistent training.

So do not get discouraged if you don't see results right away. Train consistently, increase your protein intake, drink lots of fluids and get plenty of rest.

Source: Health & Fitness

Call Now for a Free Quote 772.222.3266

Lessons on Aging Well From a 105 Year Old Cyclist



At age 105, Robert Marchand set a new one-hour cycling record in Paris. That got the attention of a professor at the University of Evry-Val d'Essonne in France.

What she found is that the 5 foot, 115 pound Marchand had better fitness than most 50 year olds his age and was on no medication.

Merchand had not exercised regularly in his career as a truck driver, gardener, firefighter and lumber jack. But, since his retirement he began cycling most days of the week.

Eighty percent of his exercise is at a leisurely pace. Only 20 per were performed at a difficult intensity. And, his rides rarely lasted more than one hour.

The professor noted that Marchand was also very optimistic and sociable and had "many friends" which many studies show lead to a longer life.

Source: New York Times



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