



August 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)*

## All Points Team Bowling Party!



## August Back To School Special!

10% Off of 15 Box or More Purge!

\* Must be performed in August



For More Information on our Services,  
Call 772.222.3266

What is Your Sleep Health?



Sleep is the single most important thing you can do for your brain health and your physical body.

## Interesting Facts - Did You Know?

- Human teeth are the only part of the body that cannot heal itself
- The heart of a shrimp is located in its head
- The unicorn is the national animal of Scotland
- The Japanese word Kuchi zamishi is the act of eating when you are not hungry but your mouth is lonely
- The Spanish anthem has no words

Source: Cosmopolitan



### We Also Offer:

- Medical Waste Disposal
- Hard Drive Destruction
- Media Destruction
- Product Destruction
- X-Ray Destruction

Studies show you can't get lost sleep back. If you deprive yourself of a night's worth of sleep (8 hours) but then allow yourself to sleep as much as you want the following day, you will gain back less than 50% of the that sleep and its benefits.

*Open Heart* journal looked at the effects of Day Light Savings Time on the body. Every year when 1.5 billion people lose one hour of sleep, there is a 24% increase in heart attacks the following day.

Other risks of not getting enough sleep include high blood pressure, increased risk of heart attack and stroke, and a shorter life span. Those getting less than 7 hours of sleep per night are 3 times more likely to get a cold.

Healthy men who sleep for 4 hours a night for 4 consecutive nights have the testosterone of a 10 year old boy according to JAMA.

The CDC recommends a minimum of 7 hours of sleep for an adult.

Source: Science Focus

**Call Now for a Free Quote 772.222.3266**

## The Key to Improving at Anything!

The secret to getting better at anything, according to a growing body of evidence, is to



measure it.

What gets measured, gets managed.

Why do numbers play such an important role in our success? Neurologists believe that we are born with "number instinct" or the innate desire to seek numerical information.

The key to losing weight, reading faster, or mastering a new hobby lies in our ability to measure and track our progress, and then to create goals around that.

When you want to lose weight, track your calories. When you want to increase efficiency at work, track your uninterrupted minutes. When you want to learn tennis, track the minutes training each week.

Source: Ron Friedman



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Connect with us

