



October 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)*

### October Special!

#### Shred 3 Get 1 Free!\*

\*Valid at our Friday Shred Events in October.  
Pay for 3 boxes of shredding and we'll shred the  
4th box FREE!



All Points offers on-line compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire & Electrical Safety & Hand Hygiene.

For More Information,  
Call 772.222.3266

\*Up to \$150 value

**A Hot Dog Can Take 36  
Minutes Off Your Life!**



Eating a hot dog is known as an American past time. However, you may want to think twice before enjoying your next hot dog.



University of Michigan researchers looked at 5,853 foods in the American diet and measured its effects in terms of minutes of healthy life gained or lost. The study measures morbidity associated with a person's food choices.

## Interesting Facts About October - Did You Know?

- The name October comes from the Latin word Octo, meaning 8 because in the early Roman calendar it was the 8th month
- October ends the same day of the week as February every year
- October birth flower is the Marigold
- More US Presidents have been born in the month of October than any other month

For every gram of processed meat eaten, we lose .45 minutes of a healthy life span. We gain .1 minute for every gram of fruit we consume.

One of the worst foods the researches measured was a hot dog on a bun. It has 61 grams of processed meat, resulting in the loss of 27 minutes of healthy life. Once unhealthy toppings and ingredients like sodium and trans fatty acids were considered, that total jumped to 36 minutes lost!

Source: Good Housekeeping



The good news is that foods like nuts, legumes, seafood, fruits and non-starchy vegetables have a positive impact of life span.

Source: CNN Health

**Call Now for a Free Quote 772.222.3266**

## What is the Best Method to Learn Something New?

Here are some key methods and study habits to help you learn more effectively:

**Cramming** - Not surprisingly, cramming before a test or as a means to learn something is the least



effective study method. It forms very little associations.

**Distributed Studying** - 19th Century psychology reveals that distributing your studying over a longer period of time with shorter sessions works far better than cramming it all into one long

session. This method, known as the "spacing effect" is one of psychology's rare findings that goes uncontested.

**Subject Block Studying** - Many believe that studying one topic until done and then moving to the next is the best method. However, research reveals that alternating between subjects, especially for subjects that are similar, can be far more effective.

**Repeatedly Reading Sources** - It seems logical that reading and re-reading material will cause the material to become so familiar that you will learn it. This method is often ineffective because of the nature of human memory. Our memory does not passively reproduce what we read. Instead, it will recreate it based on prior experiences, memories or experiences.

**Highlighting** - Highlighting text is one of the most popular study methods. Research shows that those who highlight the most use it in the most ineffective manner and thus get the least benefit. Instead, stop and think about what you are about to highlight and why that information is important.

The bottom line is that while cramming, re-reading or high lighting may have worked for you in the past, there are far more effective alternatives.

Source: Psyche



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Connect with us

