



August Newsletter

Your Monthly Shred & Med Waste News!

Visit our website



Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering a Shred Event for your:

- 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)*

August Special!

*10% off 100 Box Purge or
More*

*Must be booked and performed in August



Are You Compliant? We Can Help!

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**

All Points is Proud of our
Over 250 5-Star Google



Scientific Benefits of Stretching and Flexibility

Stretching has been found to benefit much more than our flexibility. Studies show benefits to health both physically and mentally.

- **Physical Health:** Research found that stretching can lead so many physical benefits, such as increased blood flow, increased cardiovascular endurance, and lower inflammation.
- **Mental Health:** Stretching brings our body into a state of relaxation. It helps release endorphins like dopamine and serotonin. It even helps to reduce anxiety, depression, fatigue, and frustration.
- **Preserving Vitality:** A lack of stretching can cause our bodies to make us feel older than we are. Navy Seal, David Goggins, is in prime physical condition and credits it to stretching. He claims that he is in better shape at 43 than he was at 20.

Reviews!



All Points Mobile Shredding and Medical Waste loves to delight our clients!

We believe our reviews speak for the level of service we provide.

We are proud of our over 250 5-Star Google Reviews and very thankful to our wonderful clients who provided them!

[Click Here To Read Our Google Reviews](#)

[Click Here to Leave All Points a 5-Star Google Review!](#)



Is the "Calories In, Calories Out" Mentality Really Beneficial?

When on the weight loss journey, you've probably heard people preaching about the importance of "calories in, calories out." However, this long accepted myth seems to be exactly that...a myth.

There are many reasons why

Source: Epoch Times



Pears Are a Life-Saver

Being high in nutrition and low in calories makes pears the perfect afternoon snack. However, these are not the only healthy benefits that pears bring to the table. A few benefits of pears include:

1. **Protection Against Cancer:** Pears have been found to have an impact in the reduction of lung cancer for current and past smokers.
2. **Improved Heart Health:** Rich in fiber, pears help keep your heart healthy by lowering cholesterol.
3. **Reduction in Risk of Type 2 Diabetes:** Pears have a low effect on blood sugar which makes them a healthy, delicious, and safe snack.

Source: Epoch Health



[WE OFFER HARD DRIVE
DESTRUCTION - Click Here to
Learn More](#)

**Call Now for a Free Quote
772.222.3266**

“calories in, calories out” is not a reliable way to manage your diet and loose weight:

1. It is close to impossible to measure precisely. Calorie counting apps cannot accurately determine your exact calorie intake and outtake.
2. Not all calories are the same. Our bodies do not consume calories equally. Different foods have different impacts on our bodies.
3. Our bodies interfere with the entire mentality. Bodies adjust so you may experience weight loss in the beginning, but over time your body will adjust to this lifestyle and begin losing less weight.

Source: Medical Press

“Life is 10% what happens to you and 90% how you react to it.”

-Charles L Swindoll



“If your determination to succeed is strong enough, failure will never overtake you.”



Vitamin D: A Natural Supplement to Reduce Heart Attack Risk

A recent study published in the British Medical Journal found that those who take daily Vitamin D supplements had a 19 percent lower rate of heart attacks. Vitamin D helps to improve blood flow in our bodies, which ultimately helps to lower high blood pressure. It also helps with bone strength and improving your immune system. Overall, Vitamin D leads to a healthier lifestyle all around. If you are living in an area that experiences seasons or aren't able to get in the sun as often as you'd like, Vitamin D supplements may be the perfect solution to help you and your body stay healthy!

Source: Health Line



All Points Mobile Shredding & Medical
Waste
772.283.4152
clientcare@allpointsprotects.com
allpointsprotects.com

Connect with us



All Points Mobile Shredding | 505 SE Central Parkway, Stuart, FL 34994

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