



February 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)*

### February Clean Out Special!

*10% Off 200 boxes or more*

\*Must be booked and performed in the month of February.



### 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**



## Biggest Data Breach Yet?

What is being referred to as the “Mother of All Breaches,” occurred earlier this year. The huge data breach revealed 26 billion records. The leak included websites such as Linked In, Snapchat, Venmo, Adobe, and X (formerly Twitter) and is thought to be the work of a Cyber Security hacker.

Experts are saying is the the largest data leak to date. Not only were login credentials compromised but other information that is considered "sensitive" was also revealed.

Experts are advising that if you use a password for your Amazon account, do not reuse that same password for your e-mail account or any other account. Sophisticated cyber thieves use those passwords that have been leaked to target other more sensitive information.

If you use any of the above sites that were compromised, it is recommended that you change your passwords right away, and also change them on any other websites where those passwords were used.

Source: New York Post

## All Points is Proud of our Over 250 5-Star Google 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!](#)



## Top Best Practices to Avoid an E-mail Hack

- Train your team members on e-mail security best practices.
- Create strong passwords.
- Consider using a password manager.



## Ginger: Powerful Food that Can Lower Blood Pressure

Ginger is known to help with nausea. The best way to use ginger for this purpose is to extract the ginger juice and combine it with water to drink.

Ginger is also effective at eliminating diarrhea, improving digestion and repairing gastric ulcers from using anti-inflammatory medicine.

Additionally, ginger has additional health benefits. It can strengthen the heart and help combat blood clots.

Processed foods like sausages, ham, hot dogs and hamburgers contain carcinogens. Ginger can top the carcinogens from forming when consumed with these meats.

Ginger or ginger tea first thing in the morning can boost your energy for the day. Consider using ginger to make soups and teas to start reaping these benefits.

Source: Epoch Times



- Consider using multifactor authentication (MFA) for passwords.
- Do not reuse passwords on different accounts.
- Change passwords regularly.
- Be weary of e-mails that have attachments and check extensions
- Do not click on e-mail links without verifying the email address.

Source: Wired

**“The secret of getting ahead is getting started.”**

**-Mark Twain**



**“In order to write about life you must first live it.”**

**-Ernest Hemmingway**

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

**Call Now for a Free Quote  
772.222.3266**



## What is "Rucking" and Why You Should Try It

The new sport trend you may or may not have heard of is called rucking. Rucking is walking combined with the added resistance of carrying weight, usually in the form of a back pack.

Developed by the military, walking while carrying a weighted backpack activates additional muscle groups and intensifies the workout. Carrying stuff, whether it's kids, tools, or loads has historically been part of life. A Harvard University professor stated that "until recently, everyone carried things, often. Not carrying stuff is weird."

These are the benefits of rucking:

1. Enhanced Calorie Burning and Weight Loss - With 40% of our population being considered obese, doing weight bearing activities like rucking are beneficial because it is calorie intense.
2. Improves Heart Health - Rucking has many cardiovascular benefits including increasing heart rate and improving circulation
3. Strengthens Mental Resistance - Mental health issues are high and life span has dropped. Research found rucking is a good antidote. Adding weight to your exercise walks gets us out of our comfort zones and develops mental grit.
4. Socially Bonding - Rucking is quickly becoming a new trend in exercise. Research shows that it has positive results on our social connections and helps to build bond that decrease stress.
5. Maintains Healthy Bones - Rucking is recognized as a way to sustain bone health and promote longevity.

Source: The Epoch Times



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