



Your Free Monthly Shred News! August 2017

Your Monthly News & Updates

As the leader in information management and destruction, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

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Land Shark Shredding President and CEO, Don Gerard, has been selected to participate in Goldman Sachs 10,000 Small Businesses Program!



Goldman Sachs 10,000 Small Businesses is a program for small businesses that links learning to action. Through the program, participants will gain practical skills in topics such as negotiation, marketing, and employee management that can immediately be put into action. In addition, they will receive the tools and professional support they need to develop a strategic and customized business growth plan that will take their company to the next level.

We are so proud of Don for being chosen for this prestigious honor and

look forward to seeing how this program will influence the growth and development of Land Shark Shredding, LLC.

Mark Your Calendars for an upcoming Community Shred Event!



September 23, 2017
Service One Credit Union on Campbell Lane, Bowling Green, KY

**A minimum donation of \$5.00 is required to be donated to The Center for
Courageous Kids
9:00am-12:00pm**



Back-to-School Tips for Parents

Starting the new school year can be a time of great excitement... and anxiety. Help calm your child's fears (and your own) with these teacher-approved tips.

Meet the new teacher.

For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night. Some teachers welcome phone calls or e-mails - another great opportunity to get to know each other before the year begins.

If personal contact with the teacher isn't possible, try locating the teacher's picture on a school website or in a yearbook, so your child can put a name with a face. If your child's teacher sends a welcome letter, be sure to read the letter together.

Tour the school.

If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground.

With an older child, you might ask him to give you a tour of the school. This will help refresh his memory and yours.

Connect with friends.

A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

Tool up.

Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun. School supply lists also provide great insight into the schoolwork ahead. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he's not used before - such as colored pencils or a protractor - so he will be comfortable using them in class.

Avoid last-minute drilling.

When it's almost time to stop playing, give a five-minute warning. Giving clear messages to your child is very important.

Chat about today's events and tomorrow's plans.

While it is important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they've forgotten instead of what they remember.

Ease into the routine.

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.

Want to Actually Enjoy Exercise?

For most people, workouts are something we dread and can't wait to get over with...or we skip all together. Yet, most people also admit that exercise prolongs life span and dramatically improves the quality of life.



Recently, there has been a focus on high intensity exercise. However, people who focus on the intensity of their workouts report not being happy over the long term and even being discouraged from continuing an exercise routine.

A new study published in PLOS One found that a focus on length of time of a work out, rather than on intensity, likely increases enjoyment and participation. The study also found that those who exercised outside found it to be "less strenuous" even though it was the exact same level of intensity as the indoor workout. Mood levels were also greater for those who exercised outdoors, even though they performed the same level of intensity and duration of workout.

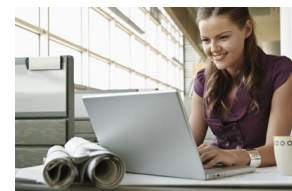
According to the study, those who had walked indoors were happier and more relaxed than those who spent the time sitting and using a computer or chatting for several hours.

So in order to enjoy your work out more, focus on length of your workout over intensity and, if given a choice, exercise outdoors. Lastly, always choose exercise over screen time. If you feel like chatting, take a stroll while you talk in person or on the phone.

Source: New York Times

Best Way to Boost Your Productivity

Why does it seem like the best way to get to everything on your list (e.g., that last minute project, exercise, grocery shopping, responding to all your e-mails) requires more waking hours than you have in a day?



A new study from the American Academy of Sleep Medicine found that the answer to getting more done is actually getting more shut eye! Even an additional 30 minutes of extra sleep each night can make a tremendous difference in your productivity.

The study looked at 17 professional baseball players. It tested their cognitive abilities, daytime functioning and response time after having 6.3 hours of sleep. The same players then slept 6.9, an extra 30 minutes, for five nights. Their score in every category increased, including a 13 percent increase in cognitive processing speed. And, fatigue, tension and daytime sleepiness decreased by one-third.

Bottom line is that you need extra sleep to effectively tackle that to-do list!

Source: Pure Wow

Land Shark Shredding, LLC | 270-793-0880 | emily@landsharkshredding.com |
www.landsharkshredding.com

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