



## Your Free Monthly Shred News! November 2017

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## Land Shark Shredding sponsors Hilltopper basketball!

Land Shark Shredding is a proud sponsor of Western Kentucky University Basketball. On December 19, Land Shark will be sponsoring WKU's game against Belmont University.

Come out and support the Hilltoppers as they take on the

Bruins at E. A. Diddle Arena and be sure to call our office to secure FREE TICKETS to the game, while supplies last!



Land Shark Shredding will be closed on the following days to celebrate and observe the Christmas holiday:

Friday, December 22nd

Monday, December 25th

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## Fun Facts About Thanksgiving

Thanksgiving is a day of gratitude, but it's also a day of gluttony for many of us. These food facts may surprise you!

- 3,000 calories are consumed by the average person at Thanksgiving dinner
- 12 million turkeys are sold by Butterball alone each year
- 45 million turkeys will be eaten this Thanksgiving
- 675 million pounds of turkey are eaten every year
- Tofurkey was first sold in 1995
- Another name for cranberries is "bounce berries" because they actually bounce due to the fact that they contain pockets of air
- California is the nation's 2nd largest producer of sweet potatoes, producing over 380 million pounds a year
- 50 million pumpkin pies will be eaten this Thanksgiving
- Michigan raises more organic turkeys than any other state
- The first Thanksgiving in 1621 probably did not include turkey. It's more likely goose and duck were served



Source: Health Diaries

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## Your BEST Time of the Day for Everything!

Did you know that there is a "best time of the day" for your routines? Sticking to these simple rhythms will help you perform better.



1. **Drink Coffee** - It's best to drink coffee in the morning and stop by noon. Drinking coffee after noon can reset your body's natural rhythm and interfere with sleep and energy.
2. **Exercise** - Evening exercise is actually best in the late afternoon or evening since your muscle tone is at its best around 5pm. West Coast NFL players who played after 8pm in East Coast games were found to have performed better.
3. **Sleep** - The most natural time for your body to go to sleep is at 9pm. It's when your body starts to cool down and our core body temperature is prime for sleeping. Studies show we need 6 1/2 to 8 hours of sleep. Eight hours is ideal. Those who sleep less increase their risk of dying prematurely.
4. **Creativity** - Research shows that we are most creative at night. Consider working on your book, art or business ideas the next time you can't sleep.
5. **Focused & Productive Work** - Scientists think we are at our maximum alertness from 10am-2pm with a peak around noon. Our brains tend to have the greatest boost in this timeframe.

Source: Popular Science

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## Tips to Maximize Working From Home

A growing number of people are working from home. According to Forbes, one in five Americans work from home.



Here are some tips to maximize your time and efficiency to ensure your success while working from home.

- **Get Dressed for the Day** - when you wake up, prepare for your day as if you were going into an office - shower & get dressed. Research shows that those who do this perform better.
- **Don't Sleep in the Same Room Where You Work** - Find a place away from your bedroom to work. Even if you need to bring your laptop to your breakfast table or a local coffee shop or library, it's better to find a quiet spot away from your bedroom.
- **Communicate Frequently** - It's important to have the ability to communicate quickly and reliably. Try group chat services like Slack. Additionally, tools like Skype and Google Hangout make video calls simple and meaningful.
- **Plan to Combat Distractions** - Set boundaries if you work from home. Explain to family members and children that you are off limits during certain hours and that interruptions are reserved for only very important matters. Stay off social media and resist the urge to do any house work, online shopping or other activities that will sabotage your efficiency.
- **Plan Your Day** - Having a schedule and being strict about following it is one of the key strategies used by those who work from home successfully. Try the S.M.A.R.T. goals approach and include tasks that are specific, measurable, achievable, realistic and time-bound. Take 5 minute breaks every hour to maximize your productivity.

Source: NY Times

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