

## Your Free Monthly Shred News! May 2016



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.

Remember, it's our business to keep yours confidential!

[Visit Our Website](#)

**Click Here To Check Out Our Latest  
In Community Shred Events,  
Shredding Information and Much  
More!**

We are here to answer your questions or book  
your next shredding appointment.



Give us a call today at | 270.793.0880 |

## **A Potbelly Could Be Deadlier Than Obesity!**

Obesity is determined by a person's BMI, or body mass index, which is often used as an indicator of health. According to a recent



study however, BMI doesn't tell the whole story because the location of fat determines how dangerous it is.

Belly fat raises serious concerns because it is often deposited in the liver and causes inflammation that could lead to diabetes and heart disease.

[Click Here to Read More About the Dangers of a Big Belly](#)

---

## Fun in the Sun



The kids are almost done with school and we all know what that means... Summer is here!!

Need inspiration for some summer fun? Check out the link below for some fun, inexpensive ways to keep the kids entertained while not breaking the bank!

[Click Here for a List of 50 Fun Summer Activities](#)

**Land Shark Shredding**

Land Shark Shredding | 270.793.0880 | [www.landsharkshredding.com](http://www.landsharkshredding.com)

STAY CONNECTED:

