## Top options for reducing your carbon footprint

Average reduction per person per year in tonnes of CO2 equivalent



Live car-free 2.04



Refurbishment /renovation 0.895



Battery electric car 1.95



Vegan diet



One less long-haul flight per year



Heat pump 0.795



Renewable energy



Improved cooking equipment 0.65



Public transport 0.98



Renewable-based heating 0.64

# **Carbon Footprint Tips**

**Nancy S. Grant** 



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web opti torq optimum torque nom wt nominal weight common application casing r95 m65 n80 j55 k55 h40 these are commonly used in wells that do not demand stringent strength and anti corrosion requirements the following are the descriptions of two grades h40 and k55 h40 api color code 1 black band or none

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web specifications outer dimensions 6 0mm 219 0mm wall thickness 1 0mm 30 mm length r1 4 88 7 62m r2 7 62 10 36m r3 10 36 14 63m thread type short round thread long round thread buttress thread j55 casing tubing steel color code a bright green band j55 coupling color code entire green coupling a white band

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the sudden death of renowned bodybuilder yogesh has shocked the fitness community yogesh a nine time champion died shortly after a workout session at a gym in chennai preliminary

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jun 6 2023 hiv and viral hepatitis along with sharing needles may also be the cause of death among bodybuilders the mortality of rate of bodybuilders compared to the male population is 34 higher in 2023 professional bodybuilders were found to die at a lower rate than professional wrestlers

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jan 18 2022 bodybuilding deaths 2022 tue 2022 01 18 17 29 every year we report on the sad news of deaths in bodybuilding this is without question our least favourite topic to cover but these icons deserve to be remembered for the inspiration they provided the lives they touched and how they helped shape the industry as we know it today

mr olympia champion bodybuilder shawn rhoden dies aged 46 - Feb 13 2023

nov 6 2021 rhoden who was crowned mr olympia in 2018 at the age of 43 making him the oldest bodybuilder to ever win the title remained committed to bodybuilding until his death while an official

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fri 2021 10 15 19 30 throughout this past year we ve shared the news far too often of great names in the bodybuilding community that has passed away anytime we hear of another fitness icon that has passed it seems to tear away a piece of us that just can t be replaced

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