

## 1: Exercise intensity: How to measure it - Mayo Clinic

*Greenhouse gas intensity targets are policies that specify emissions reductions relative to productivity or economic output, for instance, tons CO<sub>2</sub>/million dollars GDP. By contrast, absolute emissions targets specify reductions measured in metric tons, relative only to a historical baseline.*

Shutterstock iQoncept Businesses use different methodologies to set different types of carbon emissions goals. But which type makes sense for both the big picture and the bottom line? When it comes to cutting carbon emissions, people frequently ask me which is better: Absolute reduction refers to the total quantity of greenhouse gas emissions being emitted, whereas intensity compares the amount of emissions to some unit of economic output. People tend to either firmly believe that absolute is the way to go, or that intensity is what actually makes sense from a business perspective. What does the planet need? One thing the planet needs for sure is an absolute reduction of greenhouse gas emissions. This implies severe cuts to current emission levels – a 41 percent to 72 percent reduction by 2050. That, in turn, demands absolute emission reductions by the vast majority of companies. So there you are. Absolute emission targets are surely the way to go when talking about setting corporate targets, right? The answer is more complex. Among them was an electricity company that consistently had been decreasing its absolute emissions this decade. Could this company therefore be considered on a sustainable path? It may be that the production of this company is decreasing because its share of production is being displaced by more efficient and sustainable production elsewhere. In this way, it could be viewed as contributing to overall sustainability. Balancing energy demands with cutting emissions Electricity is fundamental to our standard of living and will play a defining role in the transition to a low-carbon economy. The International Energy Agency IEA has developed a scenario that models what our energy system needs to look like in order to have a strong chance of limiting global warming to below 2 C. This scenario allows for continuous growth in tandem with a deep decarbonization of electricity production. According to the IEA, we must decarbonize electricity production by 95 percent between 2020 and 2050 in order to stay below 2 C. This is a challenge, but the good news is that we already know how to produce low-carbon electricity. Therefore a company producing a lot less electricity with only a bit fewer carbon emissions cannot be seen as a business on the right track to a low-carbon economy. We always will need to meet a certain volume of electricity, but in parallel we need to ensure that the carbon intensity is decreased. This is why I believe setting a meaningful emission reduction target requires taking into account and communicating how these two relevant and largely complementary dimensions of a target will vary in the future: Embrace your vision of a better future How a company needs to act relative to climate change strongly depends on what it thinks the future will look like, and how the organization conceives of its role in this society. In so many areas of our economy, we seem to be locked into structural, unsustainable trends. Crucially, some companies recognize these challenges and have the leadership to reinvent themselves to address the challenge of operating as part of a low-carbon economy. But despite this substantial legacy, its strategy is firmly focused on a low-carbon future and a commitment to cut its greenhouse gas emissions by 90 percent by 2050 – an absolute emissions target. The company embarked in upon a major review of its approach to sustainability, which yielded a three-pronged business strategy: Hong Kong-based CLP, meanwhile, is one of the largest investor-owned utilities in the Asia Pacific region, where considerable growth in demand is expected. In 2019, the company set a goal of reducing its emissions intensity to 0. The company also has an interim goal of increasing its non-carbon generating capacity to 30 percent of the total by 2030. The company thus has established the necessary framework to plan the long-term investments needed to align itself with a low-carbon economy. Multiple futures The ways companies consider contributing to a sustainable future are immensely diverse. It is hoped we will see a cross-sector flourishing of new technologies and business models emerging – ones we cannot yet fully envision – that help us tackle the climate change. Sustainability leaders might as well want to express their visions in ways that the simple absolute or intensity targets might not be able to fully capture, despite their relevance to a low-carbon future. For those creative leaders, we would encourage them to provide alternative ways of expressing their impact through stories and figures, while always complementing those

elements with what it all means for the planet â€” that is, in terms of absolute emission reductions.

**2: Are absolute or intensity targets better to curb your carbon footprint? | GreenBiz**

*So your target for your vigorous intensity training zone heart rate should be between and beats per minute. How to tell if you're in the zone.*

Cardiovascular Exercise - Burning Fat Optimally Cardio workouts are a very important part of your program. How much, how often and how fast, is individual. We can help with that one on one. And, every single one of those reasons is a flawed! If you had never pushed the limits of your ability, you would not be able to walk or run. You would not be able to ride a bike or drive a car. You would not be able to read, get on the internet, etc. Push your boundaries, expand your world, explore the possibilities. The passion to change is not found in a list, but within yourself. What is it that you want or need desperately to change, increase or add to your life? Add it to the list! The answer is you will burn more during shorter burst during a shorter period of time. Also, easy exercise is certainly not bad for you at all, just less effective for burning fat. If you are worrying now that you have to work out really hard, take it easy. You will work out as hard as YOU can; never compare yourself to anyone else. All you have to do is work for a short period of time at a moderate level and then back down and go easy for a period. This is called interval training and is something new to many people. It is simple and once you learn how to do it and realize the fat loss benefits, you will never go long and easy again. I have worked with severely overweight clients who have found that they actually enjoy and can easily achieve these workouts. When I used to run long and slow, my weight loss was just that, long and slow! But when I cut my exercise time in half and added some interval training, the fat started melting off. The time zooms by so much more quickly when you concentrate on your workout from minute to minute, rather than worrying about the entire session. On day one, go for as long as you can, up to 30minutes at an easy pace. If you can last 30 minutes, then you are ready to increase your tempo. Once you reach 30 minutes try this workout: Most people can do that as there is a light at the end of that short tunnel. Exercising for 30 minutes steady can get boring and you wonder if you are ever going to get done! After a few workouts, you will know exactly what speed and grade you should exercise by viewing the cardio machine monitors in front of you. Then each workout, try to bump each level just a little faster, over 12 weeks, you can really progress to a good clip and burn even more fat and boost your metabolism just that much more. Each time you workout, make the up tempo portion the 1 minute interval just a little harderâ€¦ perhaps increase your pace or the grade. Just get to a good tired level and get that metabolism revved up! Sure, but most exercise related injuries are due to overuse or progressing too quickly. Be careful and add just a little more each time that you exercise. Most of our clients work moderately hard, but if you are really trying to shave off a final few pounds, you may find that an increased duration and intensity can really help. In times when I was really trying to get as lean as possible, I will boost my cardiovascular exercise to 50 minutes, but remember, I had been a lifelong athlete and I could handle this. Some of my clients can do this as well, but please use your best judgment. The only way to turn on that switch is to push hard for a short time during each exercise routine. How Often Should I Workout? Start doing cardio three times per week in addition to your strength training sessions. For some this may be enough. However, since we are keeping our workouts short, you may be able to find time to go 5 or 6 times per week. If you are really dedicated to lose weight, start with 3 workouts the first week, 4 the next, 5 the third, and if you can add a 6th the fourth week, you will be on your way to really changing your body. So does that mean that a long run or walk is wrong? I still like to go for a 60 minute Sunday morning run and explore the wooded trails, but we have learned for way too long that you must do this to lose weight. Not true at all! Enjoy a long walk or run only if you want to or are training for a long race. In that case, you need to be doing something completely different. You are more than welcome to send us an email for race workouts, which we will be more than happy to provide. The interval workout is the fastest way to increase fitness and lose weight. In essence, what you are doing is demanding that your body recover under stress after your interval bouts. Fitness, believe it or not, is improved during the period after a tough one minute interval surge. This is when your body is forced to recover while you continue to exercise. I encourage overweight people or those who have not exercised in a long time to begin very slowly, since it is easy to overdo it. Remember, begin slowly

and build to a level that you can handle! Since you may not be familiar with this routine, you may workout too fast and then may not be able to finish the entire workout. The speed of these surges is not as important as it is to make sure that you get to a level where you are out of breath and are looking forward to the end of that minute. But, remember, I urge you, I caution you, I implore you not to go too hard until you find your aerobic level. This is not only dangerous, but can lead to injury and medical problems. Use the Second Fitness Solution 5 minutes easy 10 minutes of alternating 1 minutes hard, 1 minute easy 5 minute easy cool down Perform your cardio session first thing in the morning, if you can, on an empty stomach. This has been shown to be a more effective fat burning time of day. Keep a written log of your cardio sessions and try to slowly and progressively one up yourself a little each session. Never kill yourself, but if you can feel your legs stimulated an hour or more after your workout, you have done exactly what you need to do.

### 3: High-Intensity Interval Training: The Ultimate Guide

*Find product information, ratings and reviews for Intensity (DVD) online on [www.enganchecubano.com](http://www.enganchecubano.com)*

Some personal views on nanotechnology, science and science policy from Richard Jones Reaching the 2. The subject was Industrial Strategy, and I was there as a member of the Industrial Strategy Commission, whose final report was published last November. Given that our starting point is about 1. I replied a little non-committally. Data points show actual expenditure up to source: Solid lines assume that GDP grows according to the latest predictions of the Office of Budgetary Responsibility up to , and then at 1. Dotted lines assume no growth in GDP at all. One obvious point and drawback about expressing the target as a percentage of GDP is the worse the economy does, the less demanding the target is. These are not particularly optimistic, predicting annual growth rates in the range 1. One hopes that this is a lower bound. Some of this spending is directly controlled by the government. There is of course an issue about whether the research capacity of the UK is sufficient to absorb sums of this magnitude, and indeed whether we have the ability to make sensible choices about spending it. But most of the spending is not in the control of the government – it happens in businesses. How could that happen? Graham Reid has set this out in an excellent article. There are essentially three options: How can the government influence these decisions? One way is through direct subsidy, and it is perhaps not widely enough appreciated how much the government already does this. Importantly, this does not form part of the science budget. It is important to realise, though, that these gradual shifts in the aggregate figure conceal some quite big swings at a sector level. So, is the 2. The challenge to industrial strategy and science and innovation policy is to change that.

**4: Karvonen Heart Rate Calculator**

In , the company set a goal of reducing its emissions intensity to kg CO2/kWh by 2025 representing a 75 percent reduction from levels 2019 with interim carbon intensity goals for 2020 and 2021

How to measure it Get the most from your workouts by knowing how to gauge your exercise intensity. By Mayo Clinic Staff When you exercise, are you working hard or hardly working? Choosing your exercise intensity How hard should you be exercising? The Department of Health and Human Services recommends these exercise guidelines for most healthy adults: Get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity or a combination of moderate and vigorous activity. Strength train at least twice a week. Consider free weights, weight machines or activities that use your own body weight such as rock climbing or heavy gardening. The amount of time for each session is up to you. Your exercise intensity must generally be at a moderate or vigorous level for maximum benefit. For weight loss, the more intense or longer your activity, the more calories you burn. Balance is still important. Overdoing it can increase your risk of soreness, injury and burnout. Gradually build up to a moderate or vigorous intensity. Consider your reasons for exercising. Do you want to improve your fitness, lose weight, train for a competition or do a combination of these? Your answer will help determine the appropriate level of exercise intensity. Fitness is a lifetime commitment, not a sprint to a finish line. There are two basic ways to measure exercise intensity: Your perceived level of exertion may be different from what someone else feels doing the same exercise. Your heart rate offers a more objective look at exercise intensity. In general, the higher your heart rate during physical activity, the higher the exercise intensity. Studies show that your perceived exertion compares well with your heart rate. You can use either way of gauging exercise intensity. If you like technology, a heart rate monitor might be a useful device for you. Gauging intensity by how you feel Here are some clues to help you judge your exercise intensity. Moderate exercise intensity Moderate activity feels somewhat hard. Here are clues that your exercise intensity is at a moderate level: You develop a light sweat after about 10 minutes of activity. Vigorous exercise intensity Vigorous activity feels challenging. Here are clues that your exercise intensity is at a vigorous level: Your breathing is deep and rapid. You develop a sweat after only a few minutes of activity. Overexerting yourself Beware of pushing yourself too hard too often. Back off a bit and build intensity gradually. Gauging intensity using your heart rate Another way to gauge your exercise intensity is to see how hard your heart is beating during physical activity. To use this method, you first have to figure out your maximum heart rate the upper limit of what your cardiovascular system can handle during physical activity. The basic way to calculate your maximum heart rate is to subtract your age from 220. This is the maximum number of times your heart should beat per minute during exercise. Once you know your maximum heart rate, you can calculate your desired target heart rate zone the level at which your heart is being exercised and conditioned but not overworked. Then, gradually build up the intensity. How to determine your target zone Use an online calculator to determine your desired target heart rate zone. Subtract your age from 220 to get your maximum heart rate. Calculate your resting heart rate by counting your heart beats per minute when you are at rest, such as first thing in the morning. Calculate your heart rate reserve HRR by subtracting your resting heart rate from your maximum heart rate. Your HRR is your resting heart rate subtracted from your maximum heart rate. Multiply your HRR by 0.5. Add your resting heart rate to this number. These two numbers are your training zone heart rate for vigorous intensity exercise. Your heart rate during exercise should be between these two numbers. For example, say your age is 45 and you want to figure out your target training heart rate zone for vigorous exercise. Subtract 45 from 220 to get 175 this is your maximum heart rate. Next, calculate your HRR by subtracting your resting heart rate of 80 beats per minute from 175. Your HRR is 95. Multiply 95 by 0.5. Now multiply 95 by 0.5. So your target for your vigorous intensity training zone heart rate should be between 122.5 and 175. Use these steps to check your heart rate during exercise: Take your pulse for 15 seconds. To check your pulse over your carotid artery, place your index and third fingers on your neck to the side of your windpipe. To check your pulse at your wrist, place two fingers

between the bone and the tendon over your radial artery “ which is located on the thumb side of your wrist. Multiply this number by 4 to calculate your beats per minute. You stop exercising and take your pulse for 15 seconds, getting 37 beats. Multiply 37 by 4, to get 148. You may have a higher or lower maximum heart rate, sometimes by as much as 15 to 20 beats per minute. If you want a more definitive range, consider discussing your target heart rate zone with an exercise physiologist or a personal trainer. Generally only elite athletes are concerned about this level of precision. They may also use slightly different calculations that take into account sex differences in target heart rate zones. Also note that several types of medications, including some medications to lower blood pressure, can lower your maximum heart rate and, therefore, lower your target heart rate zone. Ask your doctor if you need to use a lower target heart rate zone because of any medications you take or medical conditions you have. Interestingly, research shows that interval training, which includes short bouts around 15 to 60 seconds of higher intensity maximal effort exercise alternated with longer, less strenuous exercise throughout your workout, is well-tolerated. This type of training is also very effective at increasing your cardiovascular fitness and promoting weight loss. If you have diabetes, have more than one risk factor for heart disease, or are a man over age 45 or a woman over age 55, talk with your doctor before starting a vigorous exercise program. Your doctor may suggest that you have an exercise stress test first.

### 5: 2 Simple Ways to Calculate Your Target Heart Rate - wikiHow

*Shop Target for products you will love from intensity. Free shipping on qualified purchases & save 5% with your Target REDcard.*

You might make the mistake of working too hard which can lead to injury and burnout, or not working hard enough which can lead to frustration from a lack of results. When following an aerobic exercise program, there are three main ways to measure your exercise intensity: This guide will examine each of these three measures in detail so you can choose which works best for you. Your THR is actually a zone or range that your heart rate should fall within to ensure that you are training aerobically. But how hard you should work depends on your fitness level. In general, beginners should work at a lower range and advanced exercisers should work at a higher range. Keep in mind that some people have exercise restrictions due to injury, health conditions or medications that will affect your recommended intensity level, so always check with your doctor first. Use the following as a guide for determining your intensity level: Beginner or low fitness level: Gradually build up to the higher part of your target zone 75 percent. After six months or more of regular exercise, you may be able to exercise comfortably at up to 85 percent of your maximum heart rate. There are two different formulas you can use to calculate your Target Heart Rate: This formula does not take into account fitness level, medical conditions, or other things that might affect your heart rate. It is a good estimate but may be less accurate than other methods. The Karvonen Formula is one of the most effective ways to estimate your target heart rate, because it takes your Resting Heart Rate a good indicator of your fitness level into account. But our Target Heart Rate calculator uses this formula and does all the work for you! You can see the details of this formula below, or simply use our calculator to find your target heart rate. How to Use the Karvonen Formula: Calculate your Max Heart Rate: Prior to getting out of bed in the morning, take your pulse on your wrist radial pulse or on the side of your neck carotid pulse for one full minute. This is your true resting heart rate. Measuring at other times of day, even at rest, does not yield the same results. To help assure accuracy, take your resting heart rate three mornings in a row and average the 3 heart rates together. Plug your numbers into the formula, using percentages that reflect your fitness level i. How to Use Your Target Heart Rate Information Once you have used either formula above to calculate your Target Heart Rate range in beats per minute, you must try to keep your heart rate within your range during your cardio activity. Periodically check your heart rate throughout your workout to gauge your intensity level. There are two ways to do this: An easy way to check your pulse without interrupting your workout too much is to take a quick 6-second count and then multiply that number by 10 to get your heart rate in beats per minute. If you notice you are very high, decrease your intensity in some way. Wear a heart rate monitor. Your THR may change over time as you become more fit too, so consider reevaluating your range every few months. Some medications such as beta-blockers can affect your heart rate during exercise. An exerciser taking beta-blockers may be working at a high intensity but might never reach her target heart rate. Talk to your doctor to determine the best exercise intensity for you. The scale ranges from 1 to 10, allowing you to rate how you feel physically and mentally at a given intensity level. An RPE between 5 and 7 is recommended for most adults. This will allow you to accurately use only the RPE scale for measuring intensity when it is not feasible to determine your THR. RPE can be the primary means of measuring exercise intensity for people who do not have typical heart rate responses to graded exercise. These people include those on beta blocker medications, some cardiac and diabetic patients, pregnant women, and others who may have an altered heart rate response. Like the RPE, the talk test is subjective and quite useful in determining your aerobic intensity, especially if you are just beginning an exercise program. Using this method, the goal is to work at a level where you can answer a question, but not comfortably carry on a conversation. Conversely, you would be exercising too easily if you could sing the chorus of a song without breathing hard. Work at an intensity that allows you to breathe comfortably and rhythmically throughout all phases of your workout. This will ensure a safe and comfortable level of exercise. Lower the resistance level and slow down. If you experience dizziness or lightheadedness, you may be overexerting yourself and should stop. You may be able to replace your heart rate monitoring with

this simple test during all of your workouts, or at least when counting your pulse is inconvenient. Vigorous Intensity You may have seen recent talk in the media about the new guidelines for physical activity. So what does that mean? Moderate intensity workouts provide health benefits such as reduced risk of high blood pressure, certain cancers, stroke and diabetes. Vigorous intensity workouts provide those benefits, plus aid in weight loss and increased muscle mass. Here is how to distinguish between the two: For most people, that would be walking a mile in 14 to 23 minutes. Individuals doing this type of activity can easily carry on a conversation. Walking a mile in less than 14 minutes, jogging, cycling, and playing endurance sports are all considered vigorous activity.

**6: Greenhouse Gas Emissions Intensity Target | ConocoPhillips**

*For vigorous-intensity physical activity, a person's target heart rate should be 70 to 85% of his or her maximum heart rate. To calculate this range, follow the same formula as used above, except change "50 and 70%" to "70 and 85%".*

Strokes Early death from heart-related and nonheart-related causes During the research, which began in , participant heart rates were recorded at baseline and during follow-up visits about every three years for the next 28 years. Increases in time-updated heart rate " defined as the most recent heart rate value measured prior to an event or the end of study " and change in heart rate from the preceding visit were both associated with death, incident heart failure, incident heart attack and stroke. Specifically, with respect to their time-updated heart rate, participants faced a 14 percent greater risk of all-cause mortality for every five beats per minute their heart rate increased prior to an event e. Similarly, they faced a 12 percent greater risk of all-cause mortality for every five-beats-per-minute increase noted for the change in heart rate measurement. Due to the serious health risks associated with higher RHRs and increases in your heart rate over time, the study authors recommend measuring and tracking your RHR at regular intervals. One pair of researchers suggest CI is "an independent predictor of major adverse cardiovascular events and mortality. It is present in up to one-third of patients with heart failure and contributes to their prominent exertional symptoms and reduced quality of life. Research suggests a generalized decrease in vagal activity can be a risk factor for death. To test the hypothesis, a six-year study<sup>5</sup> involving more than 2, adults with a mean age of 57 years, who did not have a history of heart failure, coronary revascularization or pacemakers, found participants with abnormal values for heart-rate recovery were twice as likely to die than those with normal heart-rate recovery cycles. The study authors stated, "A delayed decrease in the heart rate during the first minute after graded exercise, which may be a reflection of decreased vagal activity, is a powerful predictor of overall mortality. There are several methods for calculating your MHR. First, you can use the "old-school" method, which involves subtracting your age from If you are a year-old, your MHR would be Some experts believe this method to be inaccurate, especially as you advance beyond age Increase Endurance, Raise Lactate Threshold, and Boost Power," suggests getting your heart rate up as high as you can. Repeat that entire sequence two more times, for a total of six laps " three jogging and three fast [running]. Check your heart rate right after the third set. Whatever that number is after the last lap is a good indication of your MHR. If you need help, consult a personal trainer. Heart rate reserve HRR: Bryant Walrod, team physician at Ohio State University, suggests a different technique that involves first calculating your MHR using this formula: Says Waldrod, "This formula tends to be more accurate as you get older. Finally, use those two numbers to calculate your HRR as follows: Below are four options to measure your heart rate: Sit down and relax for a few minutes and then use two fingers to gently compress either your carotid or radial artery while counting the beats for 60 seconds. This is your heart rate beats per minute. For accurate results, avoid using your thumb because it has its own pulse, which may confuse the measurement. This is a painless test used to record the electrical activity of your heart using small electrode patches attached to your chest, arms and legs. An ECG is the most reliable measurement of your heart rate. Wearable heart rate monitors: As mentioned in the featured video, wearable devices such as chest straps that are wirelessly connected to an exercise machine, fitness tracker or smartwatch are also handy tools to measure your heart rate, especially during intense exercise. These are devices that you wear on your fingertip that tell you the oxygen saturation of your blood but nearly all of the devices also display your heart rate. Due to the simplicity of their design, smartwatches have inherent limitations but they are still a useful tool to achieve real-time heart-rate data, just be sure to put it in airplane mode. Most certainly, during periods of intense exercise, it will be easier to track your heart rate using an electronic device versus trying to take manual measurements. Accuracy is important when tracking your heart rate because reaching your specific zones is the key to achieving maximum calorie and fat burning during your workouts. The Importance of Getting in the Zone During Exercise For exercise to be effective, you need to know your heart rate and work out to the degree that your body "gets in the zone" your heart rate zone and stays there for a defined period of time. In this case, the zone can be one of three levels and each one provides different

potential benefits for your workout. The low intensity range is consistent with conventional cardio exercise that is usually performed in to minute segments. Moderate intensity exercise is characterized by bursts or intervals lasting one to three minutes. High intensity work takes places in the shorter bursts or intervals lasting just 10 to 45 seconds. After years of doing mostly cardio, I am now a passionate advocate for peak fitness , which is my favorite form of HIIT. I love peak fitness because it pushes my heart to near-maximum effort. If you are unfamiliar with this type of workout, check out my " What Is Peak Fitness? Another option is to join a club focused on getting your heart into the high intensity zone. Heart Rate-Based Exercise May Have You Seeing Orange If you are a fan of heart-rate based exercise but may not be motivated to do it on your own, you may want to check out Orangetheory Fitness OTF ,11,12 a franchised fitness studio with 1, locations around the globe and upward of , members. The first OTF studio opened in Fort Lauderdale, Florida, in and the hallmark of the franchise is the focus on heart-rate monitoring for the purpose of achieving what they call "afterburn," the ability to burn calories long after your workout ends â€” assuming you reached a sufficiently high level of intensity, near your MHR. From there, your MHR will guide all of your workouts, which change daily. During a typical minute OTF session, you will perform various exercises and use several different tools and machines, including rowers and treadmills, as well as varied levels of effort, to maximize your heart rate. All exercises can be customized to individual needs and all activities and interval work, including reps and timing, are displayed on monitors. No matter what your approach to exercise, I cannot stress enough the importance of tracking your heart rate and paying attention to your target heart rate zone to give yourself and your heart the best workout possible. I also highly recommend core work , strength training and stretching , as well as achieving 10, to 15, steps a day. After all, getting regular exercise â€” particularly specific workouts that hit the three intensity zones â€” is one activity you must embrace if you want to take control of your health.

**7: Shell announces methane emissions intensity target for oil and gas assets | Shell Global**

*GHG Intensity Target We have set a long-term target to reduce our GHG emissions intensity between 5 and 15% by , from a Jan. 1, baseline. In , we set a one-year target to decrease greenhouse gas (GHG) emissions by an absolute amount as part of our GHG risk management strategy.*

In , we set a one-year target to decrease greenhouse gas GHG emissions by an absolute amount as part of our GHG risk management strategy. Since then, while continuing with our emissions reduction program that has reduced our annual GHG emissions by around 7 million tonnes since , we have been holding internal and external discussions and undertaking analysis to develop a meaningful target and a transparent target-setting process. Framing There are similarities in the way that we have framed the target to the way the Paris Agreement has been framed. We intend to review and adjust our performance target in a similar way. Just as parties to the Paris Agreement put in place regulations to support their NDCs, we will be reviewing our processes and procedures to ensure that they support our performance target. Rationale We have set a long-term intensity target for three reasons: To demonstrate that we are continuing to take greenhouse gas reductions seriously and managing climate-related risks and issues throughout the business. To support internal decision-making so that our businesses can build GHG regulatory risk into planning as early as possible in the approval processes. To ensure that we have the appropriate risk management discussions regarding climate-related issues as we go through the life cycle of our assets. We want our stakeholders to know that we are making the right strategic decisions for our business and can report against a performance target. This target is an important step in strengthening our competitive position and consistent with our sustained focus on lower-cost performance. Our performance will be based on gross operated greenhouse gas emissions, stated in carbon dioxide equivalent terms, divided by our gross operated production, stated in barrels of oil equivalent. The target is set in relation to our gross operated emissions as these are the emissions over which we have the most control. The target covers all greenhouse gases, but in practice this will apply to carbon dioxide and methane emissions, as it is unlikely that any of our other GHG emissions are material. A single greenhouse gas target allows the company to focus on the greenhouse gas emission reductions that make the most sense, rather than trying to arbitrarily set different targets for different GHGs. We use a Global Warming Potential of 25 to convert methane to carbon dioxide equivalency. The target applies to both Scope 1 Process emissions and Scope 2 Imported emissions as these are the emissions that we have the most control over. It is not intended to cover Scope 3 Consumer emissions as we have no control in how the raw materials we produce are transformed into other products or consumed. The intensity numbers for our target may differ slightly from the intensity numbers we report in our annual Sustainability Report. This is because the target only includes emissions that are strictly related to production and not emissions from things like our Aviation or Polar Tankers fleets. There may be occasions where we choose to invest in good quality emissions offsets to mitigate our emissions. We will report our performance with and without the impact of these offsets in the interests of transparency. A range or a single number? A range recognizes several uncertainties such as: Intensity target or absolute emissions targets? We are in a dynamic business environment where plans, technology, prices, industry structure and costs all change rapidly. As we learn new information, we often accelerate or defer projects, and we buy, sell, or swap potential oil and gas developments to ensure that our portfolio is competitive. These actions could render an absolute target redundant. An intensity target that allows a company to change its plans without having to reset its target appears to be more durable. New projects incorporate climate-related risk considerations in their development. Given that it takes several years for projects to be developed, approved, and constructed, it makes business sense to have a target that endures over the lifetime of those activities. Technology also takes time to develop and a longer-term target helps to foster a spirit and culture of innovation.

### 8: Reference Guide to Exercise Intensity | SparkPeople

*The middle term is the heart rate reserve, which is then multiplied by the percentage of target intensity desired, and then the resting heart rate is added back in. If you want to exercise in the moderate intensity zone, the % of target intensity defined by the CDC is from 50% to 70%.*

Lou Dina Aug 7, 4: This was a good compromise most measured between about K and K. I confirmed the results by trying various calibrations then comparing the monitor to prints using custom printer profiles. Anywhere near K looked great, but K was the best match of the bunch. I used K lighting for viewing Solux and Philips light sources. Luminance settings were done in a similar fashion. First I compared a pure white Photoshop document on the monitor to the intensity of a sheet of white printing paper displayed under my viewing light. If you do have spots on your hung prints, there is a case to use a higher luminance level on your monitor. Anyway, on many LCDs, if you set the luminance too high, your blacks can start to look a little washed out. When set to about 85 cd, my tonal range in the print is a great match to my monitor. If I have the monitor luminance set to or higher, I find that my prints look dark and muddy in comparison unless viewed under unrealistically bright lights. So, a lot of trial and error, plus some initial brightness comparisons. Gamma is a tougher one. I have a special viewing target that I bring up in Photoshop Lab based to prevent any possible conversions. When viewed in Photoshop at full magnification, it helps me to set the gamma, which affects mostly the midtone density. On my LCD, I found again by trial and error that 2. My old CRT worked best at 1. The above settings work beautifully given my equipment, my viewing levels, ambient working conditions, etc. My monitor to print match is excellent from both a color and tonal range standpoint. Hope that helps clarify my thinking and approach.

### 9: How to Exercise in Your Target Heart Rate Zone

*The intensity baseline and target are presented as percentage figures, which represent the estimated amount of methane emissions for Shell's operated gas and oil assets as a percentage of the amount of the total gas and oil marketed.*

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