

Wellness Inventory List – Numerical Order as of June 2012

6000 Consultation Form	7064 Avoiding Future Stress
7001 Liability Waiver	7065 Lower Stress with Exercise
7002 Par Q	7066 Sources of Stress – checklist
7003 Personal Contract	7067 Stress Management 101
7004 Accountability Calendar	7068 Menopause
7005 Exercise Log	7069 Fiber
7007 Food Portions Log	7070 Food and Mood/Aggression
7008 Nutrition Log	7072 Hypertension
7009 Lifestyle Log	7073 The GI Tip Sheet
7010 Cardio Journal	7074 Diabetes Information
7011 Plan a Day of Healthy Eating Log	7077 Managing Stress in the Moment
7012 Healthy Choices for Meals and Snacks	7078 Osteoporosis
7014 Food Label Tip Sheet	7079 Portion Control
7015 Grocery Store tip List	7080 Snacking and Weight Control
7017 DASH Diet for Lowering High Blood Pressure	7081 The Afternoon Slump
7018 Iron and You	7082 Work and Lifestyle Balance
7020 Calcium Considerations	7083 Life Wheel Worksheet
7021 Fish Oil and Health Canada Recommendations	7084 Past Patterns Worksheet
7022 Essential Fatty Acids	7085 Weekly Wellness Planner
7024 Glycemic Index Log	7086 Physical Wellness
7025 Glycemic Index List	7087 Physical Wellness Assessment
7029 Full Body Stability Ball Routine	7088 Checklist for Employers
7035 Tips for Getting Your 8 Glasses of Water Daily	7089 SMART Goal Setting
7036 Food Score System	7090 SMART Goal Setting Worksheet
7037 Protein Intake Log	7091 Stress Journal
7038 Reference Guide for Healthy Meals and Snacks	7092 Coping with Stress and Tension
7039 Managing Cholesterol	7093 Glycemic Index Resources
7040 Fat Intake Log	7094 Don't Pass the Salt
7041 Blood Pressure Information Sheet	7095 Protein in the Diet
7043 Everyone Can Eat More Fruits and Vegetables	
7044 Breakfast Does Every Body Good	
7045 Fatigue Fighting Tips	
7046 Healthy Eating on the Go	
7047 What Causes Weight Gain?	
7048 Stress and Nutrition	
7050 Importance of Drinking Water	
7051 Healthy Snacks for a Healthy Body	
7052 Antioxidants	
7053 Speed Up Your Metabolism	
7054 My Eating Habits	
7055 Face the Fats	
7056 Measurement Log	
7057 Vegetable Protein	
7058 Food Choices – Choose Wisely	
7060 Vitamin D Considerations	
7061 Celiac Disease and Gluten-free Diet	
7062 Stress Reduction	

8000s

8008 Better Sleep
8019 Back Safety Handout
8021 Staying Motivated
8022 How Many Calories Should I Eat Each Day?
8023 Food Allergies and Food Intolerances
8026 Efficient Strength Training
8027 Running Stretches
8028 Heat Stress
8029 pH Balance Handout
8030 Crohn's Disease
8031 Back Stretches
8032 Beginner Running
8033 How to Train for 5km
8034 5km Training Program
8035 Nutrition and Running
8036 Pre-Run Nutrition
8037 During and Post Run Nutrition
8038 Walking
8039 Walking Program
8040 Run/Walk Training Log
8041 Half Marathon Training Program – Beginners
8042 Half Marathon Training Program – Intermediate
8043 Procrastination
8044 Time Stealers
8045 Self-Management Strategies
8046 Task Priority Guide
8047 Stretching for Flexibility
8048 Stretching for Flexibility Program
8049 Detoxing Basics

9000s

9010 Ergonomic Worksite Tips
9011 Ergonomic Symptoms and Solutions
9018 Interval Training
9020 10 Minute Water Workout
9027 Improve your Golf Game through Specific Training
9030 Hypoglycemia
9032 Tension Relieving Exercises**
9033 Just Breathe-*stress reduction*
9044 Anger Management
9045 Emotional Health After Pregnancy
9046 Seasonal Affective Disorder (SAD)
9047 Treating SAD
9049 Caring for the Elderly
9052 Foods to Avoid During Pregnancy
9053 Healthy Eating While Pregnant
9054 Pregnancy and Weight Gain
9055 Working During Pregnancy
9056 Exercise and Pregnancy
9057 What is Nicotine Addiction?
9058 Readjusting to Being Smoke Free
9059 Weight Gain and Smoking
9060 What's Out There To Help You Quit?
9061 Fibromyalgia
9062 Smoking While Pregnant
9063 Apple Cider Vinegar
9064 Nutrition for Shift Workers