

# Wellness Inventory List – June 2012

## **Mandatory Forms**

7001 Liability Waiver  
7002 Par Q

## **Important Forms**

6000 Consultation Form

## **Accountability Tools**

7003 Personal Contract  
7004 Accountability Calendar  
7005 Exercise Log  
7007 Food Portions Log  
7008 Nutrition Log  
7009 Lifestyle Log  
7010 Cardio Journal  
7011 Plan a Day of Healthy Eating Log  
7054 My Eating Habits  
7056 Measurement Log

## **Interactive Tools**

7011 Plan a Day of Healthy Eating Log  
7012 Healthy Choices for Meals and Snacks  
7014 Food Label Tip Sheet  
7015 Grocery Store tip List  
7038 Reference Guide for Healthy Meals and Snacks  
7036 Food Score System  
7079 Portion Control  
8022 How Many Calories Should I Eat Each Day?

## **DISEASE**

### **Blood Pressure and Cholesterol**

7017 DASH Diet for Lowering High Blood Pressure  
7039 Managing Cholesterol  
7041 Blood Pressure Information Sheet  
7072 Hypertension

### **Crohn's Disease**

8030 Crohn's Disease

### **Diabetes**

7076 Diabetes Information

## **NUTRITION**

### **Breakfast**

7044 Breakfast Does Every Body Good

### **Eating on the Go**

7046 Healthy Eating on the Go

### **Fats**

7021 Fish Oil and Health Canada Recommendations  
7022 Essential Fatty Acids  
7040 Fat Intake Log  
7055 Face the Fats

### **Protein**

7095 Protein in the Diet

### **Snacking**

7051 Healthy Snacks for a Healthy Body  
7080 Snacking and Weight Control

### **General Nutrition Topics**

7043 Everyone Can Eat More Fruits and Vegetables  
7045 Fatigue Fighting Tips  
7052 Antioxidants  
7058 Food Choices – Choose Wisely  
7061 Celiac Disease and Gluten-free Diet  
7069 Fiber  
7070 Food and Mood/Aggression  
7094 Don't Pass the Salt  
8023 Food Allergies and Food Intolerances  
8029 pH Balance Handout  
8049 Detoxing Basics  
9030 Hypoglycemia  
9063 Apple Cider Vinegar  
9064 Nutrition for Shift Workers

### **Glycemic Index**

7024 Glycemic Index Log  
7025 Glycemic Index List  
7073 The GI Tip Sheet  
7093 Glycemic Index Resources

### **Protein**

7037 Protein Intake Log  
7057 Vegetable Protein

### **Vitamins and Minerals**

7018 Iron and You  
7020 Calcium Considerations  
7060 Vitamin D Considerations

### **Water**

7035 Tips for Getting Your 8 Glasses of Water Daily  
7050 Importance of Drinking Water

## **EXERCISE**

### **Cardiovascular Exercise**

8027 Running Stretches  
8032 Beginner Running  
8033 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 – beginner  
8042 Half Marathon Training program - intermediate

### **Fitting in Exercise**

9018 Interval Training  
9020 10 Minute Water Workout

### **Flexibility**

8047 Stretching for Flexibility  
8048 Stretching for Flexibility Program

### **Resistance Exercise**

7029 Full Body Stability Ball Routine  
8026 Efficient Strength Training

### **Sport Specifics**

9027 Improve your Golf Game through Specific Training

## **STRESS**

7048 Stress and Nutrition  
7062 Stress Reduction  
7064 Avoiding Future Stress  
7065 Lower Stress with Exercise  
7066 Sources of Stress – checklist  
7067 Stress Management 101  
7077 Managing Stress in the Moment  
7091 Stress Journal  
7092 Coping with Stress and Tension  
9032 Tension Relieving Exercises - Log  
9033 Just Breathe-*stress reduction*

## **TIME MANAGEMENT**

8043 Procrastination  
8044 Time Stealers  
8045 Self-Management Strategies  
8046 Task Priority Guide

## **WEIGHT**

### **Metabolism**

7053 Speed Up Your Metabolism

### **Weight Gain/Loss/Control**

7047 What Causes Weight Gain?

## **SLEEP**

### **Sleep**

8008 Better Sleep

## **OTHER CATEGORIES**

### **Back Health**

8019 Back Safety Handout  
8031 Back Stretches

### **Ergonomics**

9010 Ergonomic Worksite Tips  
9011 Ergonomic Symptoms and Solutions

### **Motivation**

8021 Staying Motivated

### **Pregnancy**

9045 Emotional Health After Pregnancy  
9052 Foods to Avoid During Pregnancy  
9053 Healthy Eating While Pregnant  
9054 Pregnancy and Weight Gain  
9055 Working During Pregnancy  
9056 Exercise and Pregnancy  
9062 Smoking While Pregnant

### **Women's Health**

7068 Menopause  
7078 Osteoporosis

### **Work and Lifestyle Balance**

7081 The Afternoon Slump  
7082 Work and Lifestyle Balance  
7083 Life Wheel Worksheet  
7084 Past Patterns Worksheet  
7085 Weekly Wellness Planner  
7086 Physical Wellness  
7087 Physical Wellness Assessment  
7088 Checklist for Employers  
7089 SMART Goal Setting  
7090 SMART Goal Setting Worksheet

### **Other**

8028 Heat Stress  
9044 Anger Management  
9046 Seasonal Affective Disorder (SAD)  
9047 Treating SAD

9049 Caring for the Elderly  
9061 Fibromyalgia