

Wellness Inventory List – August 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
- 7096 Stress Overload and Symptoms
- 8050 Meditation Techniques
- 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