

## Wellness Inventory List – Numerical Order as of July 2013

- 6000 Consultation Form
- 7001 Liability Waiver
- 7002 Par Q
- 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
- 7012 Healthy Choices for Meals and Snacks
- 7014 Food Label Tip Sheet
- 7015 Grocery Store tip List
- 7017 DASH Diet for Lowering High Blood Pressure
- 7018 Iron and You
- 7020 Calcium Considerations
- 7021 Fish Oil and Health Canada Recommendations
- 7022 Essential Fatty Acids
- 7024 Glycemic Index Log
- 7025 Glycemic Index List
- 7029 Full Body Stability Ball Routine
- 7035 Tips for Getting Your 8 Glasses of Water Daily
- 7036 Food Score System
- 7037 Protein Intake Log
- 7038 Reference Guide for Healthy Meals and Snacks
- 7039 Managing Cholesterol
- 7040 Fat Intake Log
- 7041 Blood Pressure Information Sheet
- 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
- 7064 Avoiding Future Stress
- 7065 Lower Stress with Exercise
- 7066 Sources of Stress – checklist
- 7067 Stress Management 101
- 7068 Menopause
- 7069 Fiber
- 7070 Food and Mood/Aggression
- 7072 Hypertension
- 7073 The GI Tip Sheet
- 7074 Diabetes Information
- 7077 Managing Stress in the Moment
- 7078 Osteoporosis
- 7079 Portion Control
- 7080 Snacking and Weight Control
- 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
- 7091 Stress Journal
- 7092 Coping with Stress and Tension
- 7093 Glycemic Index Resources
- 7094 Don't Pass the Salt
- 7095 Protein in the Diet
- 7096 Stress Overload and Symptoms
- 7097 Self-Assessment for Healthy Lifestyle

### **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  
8050 Meditation Techniques  
8051 Creating an Attitude of Gratitude  
8052 Staying Positive

### **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  
9065 Compassion Fatigue Self-Test  
9066 The Cost of Caring  
9067 Life Stress Assessment