

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
7097 Self-Assessment for a Healthy Lifestyle
8022 How Many Calories Should I Eat Each Day?
8051 Creating an Attitude of Gratitude

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

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
8052 Staying Positive

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