# Consultant Article Inventory List [by category] - as of Dec 2014

**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

7011F - 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

7012F - Healthy Choices for Meals and Snacks

7014 Food Label Tip Sheet

7014F - Food Label Tip Sheet

7015 Grocery Store Tip List

7015F – 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

9072F - Top 10 Foods

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

7055F - 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 Fatique Fighting Tips

7052 Antioxidants

7052F - Antioxidants

7058 Food Choices - Choose Wisely

7061 Celiac Disease and Gluten-free Diet

7069 Fiber

7069F - Fiber

7070 Food and Mood/Aggression

7094 Don't Pass the Salt

7098F - Eat Your Colors

8023 Food Allergies and Food Intolerances

8029 pH Balance Handout

8049 Detoxing Basics

9030 Hypoglycemia

9063 Apple Cider Vinegar

9064 Nutrition for Shift Workers

9071F - Build a Better Smoothie

9073F - Berry Smoothie Recipe

9077 - Living with Celiac Disease

9078 - 7-Day Gluten-Free Menu Plan

Glycemic Index

7024 Glycemic Index Log

7025 Glycemic Index List

7073 The GI Tip Sheet

7073F - 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

7030 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

8053 10km Running Program

# Fitting in Exercise

9018 Interval Training

9020 10 Minute Water Workout

9070F - Short Workouts

## **Flexibility**

8047 Stretching for Flexibility

8048 Stretching for Flexibility Program

#### **Resistance Exercise**

7029 Full Body Stability Ball Routine

7029F - 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

# 7062F - Stress Reduction

7064 Avoiding Future Stress

7065 Lower Stress with Exercise

## 7065F - 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

9068F - Desk Yoga

9069F - Destress Stretches

## 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

8008F - 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

9075 - Dealing with Grief

9076 - Ways to Help Dealing with Grief