

Consultant Article Inventory List – Numerical Order as of Dec 2014

- 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
7011F – 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
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
7029F – 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
7052F - Antioxidants
7053 Speed Up Your Metabolism
7054 My Eating Habits
7055 Face the Fats
7055F – 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
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
7068 Menopause
7069 Fiber
7069F - Fiber
7070 Food and Mood/Aggression
7072 Hypertension
7073 The GI Tip Sheet
7073F – 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
7098F – Eat Your Colors

8000s
8008 Better Sleep
8008F – 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
8053 10 km Running Programs

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
9068F – Desk Yoga
9069F – Destress Stretches
9070F – Short Workouts
9071F – Build a Better Smoothie
9072F – Top 10 Foods
9073F – Berry Smoothie Recipe
9075 – Dealing with Grief
9076 – Ways to Help Dealing with Grief
9077 – Living with Celiac Disease
9078 – 7-day Gluten Free Menu Plan