

## Consultant Article Inventory List – Numerical Order as of Feb 2015

- 6000 Consultation Form  
6500 Consultant Resource Time Line  
6501 You are Listening to me When [client]  
6502 You are Listening to me When [consultant]  
6503 Coaching Through Stages of Change  
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  
8054 Arthritis

### **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