# Consultant Article Inventory List [by category] – as of March 2015

### Mandatory Forms

7001 Liability Waiver 7002 Par Q

Important Forms 6000 Consultation Form

### **Consultant Resources**

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

# 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
7014F - Food Label Tip Sheet
7015Grocery 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 Fatigue 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

### 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
7099 – Best At Home Exercises
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

#### <u>WEIGHT</u> Metabolism

7053 Speed Up Your Metabolism

Weight Gain/Loss/Control 7047 What Causes Weight Gain?

### <u>SLEEP</u>

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 8054 Arthritis