

# ULTIMATE CONTENT UPGRADE LIST

25 CONTENT UPGRADE IDEAS YOU CAN  
START USING TODAY TO GROW YOUR HEALTH &  
WELLNESS BUSINESS!



## 25 CONTENT UPGRADE IDEAS

WELLNESSOPOLIS.COM

1. An interview from an expert in the industry on a topic from your blog post that you know your readers would welcome.
2. A checklist eg., Grocery List + List of top foods to avoid if you want a flat stomach.
3. A free trial
4. Guide (Healthy Recipes to Improve Gut Health)
5. A step-by-step Tutorial (-- PDF or video format).
6. An audio podcast episode
7. Cheat sheet
8. Bonus Tips (building on the blog post topic your reader has just read).
9. Infographic visual breakdown of the process you discussed in your blog post.
10. A resource directory of the top websites on a given topic you've discussed in your post.
11. Book recommendation (Amazon affiliate... link to the book on Amazon and get a commission).
12. Q & A
13. Scripts
14. Templates
15. E-course
16. Webinar replay
17. Free ticket to an online event/workshop
18. Access to a free tool
19. Summary
20. Planner/Calendar
21. Case study
22. Coupon
23. Exclusive Deal -
24. Get a 15 minute consultation call
25. Free subscription