

Mission #10 – Niches: (Create a list of 10 niches where you can look for business to partner with.)

10 Niches in Health:

1. Nutrition/diet

2. Fitness

2.1 Weight Lifting

2.1.1 bodybuilding

2.1.2 powerlifting

2.1.3 strongman

2.1.4 CrossFit

2.2 Cardio

2.2.1 HIIT

2.2.2 Steady-state cardio

2.3 Weight loss

2.4 Muscle gain

3. Mental health – socializing, meditation, journaling

4. Sleep

5. Supplements

5.1 nootropic supplements

5.1.1 nootropic supplements for increased focus and productivity

5.2 vitamins and minerals

5.3 beauty supplements

5.4 weight management supplements

6. Stress management

7. Alternative medicine

7.1 Chiropractic

8. Physical therapy

9. Massages

10. Aging and Geriatrics