

## KEYWORD REPORT

Average Monthly Searches

Keyword	Volume	CPC	PPC	Score	Vol2	Score2	"AllInTitle"	"AllInUL"	Vol3	Score3	Results
optimal health and wellness	1900	11.12	0.02	25	2400	0.02	3500	2210	2400	43	182M
womens health and wellness	1900	2.99	0.05	34							
wellness clinic near me	1600	4.82	0.21	34							
vitality health and wellness	1600	3.55	0.01	27	1900	0.04	1550	889	1900	49	25M
family health and wellness	1600	0.46	0.06	27							
restore hyper wellness prices	1000	2.4	0.28	22							
total health and wellness	1000	1.98	0.02	33							
innovative health and wellness	1000	7.03	0.02	36							
integrated health and wellness	880	3.76	0.05	18							
synergy health and wellness	880	0.89	0.04	26							
love wellness ph balancing cleanser	390	1.27	1	36							
pain and wellness center	390	8.18	0.08	30			s				
affirmations for healthy body	260	2	N/A	36							
affirmations for a healthy body	260	0.49	0.95	33							
core health and wellness	210	5.36	0.02	35							
wellness core vs wellness	90	0.99	0.77	35							
healthy body start pak 2.0	50	0.57	1	27							
vaseline healthy body glow	40	3.69	0.97	29							
<b>a healthy mind is a healthy body</b>	<b>40</b>	<b>7.95</b>	<b>0.04</b>	<b>45</b>	<b>9900</b>	<b>0.011</b>	<b>186</b>	<b>467</b>	<b>9900</b>	<b>63</b>	<b>1.4M</b>

In a very large competitive niche, here are 19 very good keywords for your site. All results are based on actual search terms related to your niche. If a term you like or think is good and does NOT appear here, it's because of low-monthly-search-volume or high-competition-levels. Multiple selection criteria with **NEW CROSS VERIFICATION OF TOP RESULTS** have been used to find them. All have extremely low competition levels and, with proper on-page and off-page SEO, you can rank for any of them.



My first choice for you as a primary keyword for your page – if content applicable - would be **"a healthy mind is a healthy body"** because of relevance, volume, low niche competition (note "allintitle" and "allinurl" numbers) across all metrics and high transactional value (intent). A number 1 ranking page for this keyword could get **4,178 hits/mo.** (42% of total searches ).

I would also create more (or use existing) sub-pages with titles equivalent to other keywords on the list you like and SEO each one for each keyword. Done properly – with more top-ranked pages - can increase your total hits per month.