



Diana Kelly Levey

3 PITCHES THAT WORKED

Here are three article pitch examples that turned into paid freelance assignments.

Want more freelance article pitches that worked? Get my PDF [20+ Pitches That Worked](#) here.

FITBIT

THE PITCH

Subject Line: Fitbit Blog Pitch

Hi [Editor's Name],

Here is a pitch for an evergreen story for the blog. Let me know if you're interested.

Sneaky Sources of Caffeine That Keep You Up at Night

This piece will address foods readers might not think can impact their ability to fall asleep, but depending on the levels of caffeine in them, a seemingly innocent snack could keep you awake for longer than you intend. Whether you're licking a cone of coffee ice cream or jamoca almond fudge, enjoyed a chocolate Italian ice after dinner, are partaking in a pre-bedtime chocolate fix pastime, nibbling a bowl of sugary (chocolate cereal) before bed, or fix yourself a hot chocolate, or any food that has "energy" or "perky" benefits, these foods and beverages all contain some caffeine or cocoa and may keep you awake. Even your "preworkout" supplement could interfere with your sleep if you take it too late in the day.

Thank you! Have a great weekend.

Diana

RELEVANT LINKS

- [Sleep.org](#)
- [CBSnews.com](#)

FINAL ARTICLE

[Sneaky Sources Of Caffeine That Keep You Up At Night](#)



CONSIDERABLE

THE PITCH

Subject Line: Pain Pitches

Hi [Editor's Name],

I hope you had a nice weekend. I liked the natural relief for back pain piece on the site. Here are some pain/knee health pitches for your audience. I'd be happy to elaborate on these if you're interested.

X Ways to Relieve Knee Pain without Surgery

This piece would address how to reduce, alleviate or eliminate knee pain you're experiencing as you age. We'll address the types of knee pain you may be experiencing, as well as whether you should consult with an orthopedic physician or rheumatologist to determine the cause. I'll also talk to a physical therapist about natural ways to reduce pain or eliminate it. We could include a few PT-approved stretches or exercises that help your knees.

TK Activities That Can Help Your Osteoarthritis

This article will involve the latest research studies and an interview with an osteoarthritis M.D. about what's (generally) safe to do. Here are some research-backed examples:

- Yoga
- Get outside
- Walk while playing golf
- Range of motion exercises
- Water workouts

Thank you for your consideration.

Best,

Diana

EDITOR'S RESPONSE

There is definitely interest in the osteoarthritis story, though I have a few thoughts on it. The first is that for a story like this we shouldn't rely on just one doctor. Two would be a minimum. The other thing is that we'd want to back up the activities that can help with links to research papers.

If you're still up for this one, let me know what kind of deadline you could manage. I'm planning out long-term, so it doesn't have to be immediate.

FINAL ARTICLE

[6 Activities That Can Help Your Osteoarthritis](#)

FITBIT

THE PITCH

Subject Line: Fitbit Blog Pitch

Hi [Editor's Name],

Here is a timely pitch for the blog for late fall and even early winter stories. Let me know if you're interested.

Is September Stress Making Your Heart Race?

Believe it or not, you could develop a case of the “September blues” or “Autumn anxiety.” While these may sound like made-up terms thrown around the internet, experiencing stress due to a hectic fall schedule is real. It could be due to a number of factors—busy back-to-school activities schedules for parents, a preparation for the change in seasons, darker days arriving, not to mention all the holidays and end-of-year deadlines barreling down the pike.

That stress can manifest itself into a number of symptoms, from loss of appetite to memory problems to fatigue as well as difficulty falling asleep and trouble staying asleep, according to the American Psychological Association.

In this piece, we'll cover reasons you're stressed in September and fall, how it can impact your health (like developing colds and sleep issues), as well as healthy ways to try to nip it in the bud ahead of time (using the RELAX feature, getting regular exercise for the feel-good endorphins, etc.)

Thank you!

Diana

FINAL ARTICLE

[How To Handle September Stress](#)