








# Website review fitnessbites.org

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The score is 52/100







## SEO Content

	<p>Title</p>	<p>Fitness and health: workout program at home for weight loss, best exercises for women and men</p> <p><b>Length : 93</b></p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>												
	<p>Description</p>	<p>Fitness and regular exercise are important for your health. Learn how to develop a workout program for your home gym and how to change your lifestyle with our</p> <p><b>Length : 158</b></p> <p>Great, your meta description contains between 70 and 160 characters.</p>												
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>												
	<p>Og Meta Properties</p>	<p>This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use <a href="#">this free og properties generator</a> to create them.</p>												
	<p>Headings</p>	<table border="1" data-bbox="544 1514 1481 1585"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>13</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="616 1615 1501 2078" style="list-style-type: none"> <li>• [H1] Fitnessbites</li> <li>• [H2] My Couch to 5K Journey</li> <li>• [H2] Not sure if I should stop cutting weight and now bulk?</li> <li>• [H2] How to get abs and lose love handles</li> <li>• [H2] Does the intensity of a workout burn a different amount of calories</li> <li>• [H2] Hello, I'm going to start doing workouts, and I only have dumbbells and arm weights.</li> <li>• [H2] 37M need advice !</li> <li>• [H2] How can I build a bulletproof back?</li> <li>• [H2] Working out post-cov, any advice getting back to it?</li> <li>• [H2] How can I discipline myself to stay fit in my 30's with a total lack of desire for fitness anymore</li> <li>• [H2] (Re)starting my health journey - looking for some advice</li> </ul>	H1	H2	H3	H4	H5	H6	1	13	0	0	0	0
H1	H2	H3	H4	H5	H6									
1	13	0	0	0	0									

## SEO Content

		<ul style="list-style-type: none"><li>• [H2] Posts navigation</li><li>• [H2] New Articles</li><li>• [H2] New Comments</li></ul>
	Images	We found 12 images on this web page.  1 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : <b>5%</b>  This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

## SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 34 links including 1 link(s) to files
	Statistics	External Links : noFollow 0%  External Links : Passing Juice 11.76%  Internal Links 88.24%

## In-page links

Anchor	Type	Juice
<a href="#">Skip to content</a>	Internal	Passing Juice
<a href="#">Fitnessbites</a>	Internal	Passing Juice
<a href="#">Home</a>	Internal	Passing Juice


## In-page links

<a href="#">Cerebrin Scam</a>	Internal	Passing Juice
<a href="#">Contact us</a>	Internal	Passing Juice
<a href="#">Disclaimer</a>	Internal	Passing Juice
<a href="#">Privacy Policy</a>	Internal	Passing Juice
<a href="#">Health &amp;#038; Fitness Forum</a>	Internal	Passing Juice
<a href="#">Router Login</a>	External	Passing Juice
<a href="#">Forum</a>	Internal	Passing Juice
<a href="#">My Couch to 5K Journey</a>	Internal	Passing Juice
<a href="#">Not sure if I should stop cutting weight and now bulk?</a>	Internal	Passing Juice
<a href="#">How to get abs and lose love handles</a>	Internal	Passing Juice
<a href="#">Does the intensity of a workout burn a different amount of calories</a>	Internal	Passing Juice
<a href="#">Hello, I&amp;#8217;m going to start doing workouts, and I only have dumbbells and arm weights.</a>	Internal	Passing Juice
<a href="#">pavlinika</a>	Internal	Passing Juice
<a href="#">37M need advice !</a>	Internal	Passing Juice
<a href="#">How can I build a bulletproof back?</a>	Internal	Passing Juice
<a href="#">Working out post-cov, any advice getting back to it?</a>	Internal	Passing Juice
<a href="#">How can I discipline myself to stay fit in my 30&amp;#8217;s with a total lack of desire for fitness anymore</a>	Internal	Passing Juice
<a href="#">(Re)starting my health journey &amp;#8211; looking for some advice</a>	Internal	Passing Juice
<a href="#">Older posts</a>	Internal	Passing Juice
<a href="#">Why does cardio improve my mental health much more than weight lifting?</a>	Internal	Passing Juice
<a href="#">Why does cardio improve my mental health much more than weight lifting?</a>	Internal	Passing Juice
<a href="#">Hello, I&amp;#8217;m going to start doing workouts, and I only have dumbbells and arm weights.</a>	Internal	Passing Juice
<a href="#">Hello, I&amp;#8217;m going to start doing workouts, and I only have dumbbells and arm weights.</a>	Internal	Passing Juice
<a href="#">Hello, I&amp;#8217;m going to start doing workouts, and I only have dumbbells and arm weights.</a>	Internal	Passing Juice

## In-page links

<a href="#">Terms of Service</a>	Internal	Passing Juice
<a href="#">Cookie Policy</a>	Internal	Passing Juice
<a href="#">Notice of Nondiscrimination</a>	Internal	Passing Juice
<a href="#">About us</a>	Internal	Passing Juice
<a href="#">Facebook</a>	External	Passing Juice
<a href="#">Reddit</a>	External	Passing Juice
<a href="#">YouTube</a>	External	Passing Juice



## SEO Keywords

	Keywords Cloud	reading going back pavlinika how continue comments advice edit fitness
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## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
how	7	✘	✘	✔	✔
back	6	✘	✘	✘	✔
fitness	5	✔	✘	✔	✔
pavlinika	5	✘	✘	✘	✘
comments	5	✘	✘	✘	✔


## Usability

	Url	Domain : fitnessbites.org Length : 16
	Favicon	Great, your website has a favicon.
	Printability	Great. We have found a Print-Friendly CSS.





## Usability

		
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.




## Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 29 Warnings : 13
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Too bad, your website has too many CSS files (more than 4).</li><li> Too bad, your website has too many JS files (more than 6).</li><li> Perfect, your website takes advantage of gzip.</li></ul>

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li> Apple Icon</li><li> Meta Viewport Tag</li><li> Flash content</li></ul>
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## Optimization

	XML Sitemap	Great, your website has an XML sitemap. <a href="http://fitnessbites.org/">http://fitnessbites.org/</a>
	Robots.txt	<a href="http://fitnessbites.org/robots.txt">http://fitnessbites.org/robots.txt</a> Great, your website has a robots.txt file.
	Analytics	Missing  We didn't detect an analytics tool installed on this website.  Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.