The score is 57/100

SEO Content

✔	Title	Personal Trainer - Trainer Pro - GTA **Length : 36** Perfect, your title contains between 10 and 70 characters.
⚠	Description	Personal Trainer expertise at your fingertips! With Top-Rated professionals, unlock a healthier lifestyle and achieve your fitness goals. Start your journey now! **Length : 161** Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.
✖	Keywords	Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.
✔	Og Meta Properties	Good, your page take advantage of Og Properties.

Property	Content
locale	en_US
type	website
title	Personal Trainer - Trainer Pro - GTA
description	Personal Trainer expertise at your fingertips! With Top-Rated professionals, unlock a healthier lifestyle and achieve your fitness goals. Start your journey now!
url	https://trainerpro.ca/
site_name	Personal Trainer
image	https://trainerpro.ca/wp-content/uploads/2023/05/fitness-goals.webp

SEO Content

	Headings	H1	H2	H3	H4	H5	H6
		1	11	18	12	0	0

- [H1] PERSONAL TRAINERON DEMAND
- [H2] LIMITED TIME OFFER
- [H2] TRANSFORMATIONS &FITNESS GOALS REACHED
- [H2] HOW TRAINER PRO HELPS YOU CRUSH YOUR FITNESS GOALS
- [H2] PERSONAL TRAININGTO FIT INTO YOUR SCHEDULE
- [H2] WORKOUT PLANS BUILT AROUND YOUR FITNESS GOALS
- [H2] WE CREATE A SUPPORT SYSTEM DURING AND AFTER YOUR WORKOUTS
- [H2] 100% MONEY BACK GUARANTEE
- [H2] AREAS WE SERVE
- [H2] PERSONAL TRAINING FOR YOU OR BRING A FRIEND
- [H2] WE HAVE HELPED HUNDREDS OF PEOPLE REACH THEIR FITNESS GOALS
- [H2] DON'T WAIT TO START FIRST SESSION IS ON US!
- [H3] GET YOUR FREE ASSESSMENT
- [H3] START YOUR CUSTOM WORKOUT PLAN
- [H3] SEE RESULTS
- [H3] STAY ON TRACK
- [H3] LOSE WEIGHT
- [H3] BUILD MUSCLE
- [H3] IMPROVE MOBILITY
- [H3] KNOWLEDGE AND MATERIALS
- [H3] NUTRITIONAL ASSESMENT
- [H3] CONTINOUS SUPPORT
- [H3] LEARN MORE
- [H3] LEARN MORE
- [H3] LEARN MORE
- [H3] LEARN MORE
- [H3] FOLLOW US
- [H3] FOLLOW US
- [H3] FOLLOW US
- [H3] FOLLOW US
- [H4] 94%
- [H4] 15,000+
- [H4] 50+
- [H4] TrainerPro really is the pro!
- [H4] Very happy with my choice
- [H4] Such amazing trainers
- [H4] My trainer is the best
- [H4] FOLLOW OUR IG
- [H4] QUICK LINKS
- [H4] AREAS WE SERVE
- [H4] CONTACTS
- [H4] NEWSLETTER

	Images	We found 15 images on this web page.
		4 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 : **7%**

SEO Content

❌		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	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

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 10 links including 0 link(s) to files
⦿	Statistics	External Links : noFollow 0%
		External Links : Passing Juice 0%
		Internal Links 100%

In-page links

Anchor	Type	Juice
TERMS AND CONDITIONS	Internal	Passing Juice
PRIVACY POLICY	Internal	Passing Juice
HOME	Internal	Passing Juice
TRAINING	Internal	Passing Juice
ABOUT US	Internal	Passing Juice
PRICES	Internal	Passing Juice
CONTACT US	Internal	Passing Juice

In-page links

CAREER	Internal	Passing Juice
ETOBICOKE	Internal	Passing Juice
SCARBOROUGH	Internal	Passing Juice

SEO Keywords

Keywords Cloud	training **personal** also reach fitness trainers goals **trainer** get workout

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
personal	49	✔	✖	✔	✔
trainer	46	✔	✖	✔	✔
fitness	25	✖	✖	✔	✔
goals	21	✖	✖	✔	✔
training	13	✖	✖	✖	✔

Usability

	Url	Domain : trainerpro.ca Length : 13
✔	Favicon	Great, your website has a favicon.
✖	Printability	We could not find a Print-Friendly CSS.
✔	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 : 34 Warnings : 19
✗	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.
✓	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
●	Speed Tips	✓ Excellent, your website doesn't use nested tables. ✗ Too bad, your website is using inline styles. ✗ Too bad, your website has too many CSS files (more than 4). ✗ Too bad, your website has too many JS files (more than 6). ✓ Perfect, your website takes advantage of gzip.

Mobile

●	Mobile Optimization	✓ Apple Icon ✓ Meta Viewport Tag ✓ Flash content

Optimization

✓	XML Sitemap	Great, your website has an XML sitemap. https://trainerpro.ca/sitemap_index.xml
✓	Robots.txt	http://trainerpro.ca/robots.txt Great, your website has a robots.txt file.

Optimization

	Analytics	Great, your website has an analytics tool.
		Google Analytics