

# Webide score brain-exercises.org

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Scoren er 75/100



## SEO Indhold

|             | Titel                                                                                                                                                   | <p>Best Brain Exercises to Boost Memory &amp; Focus in 2025</p> <p><b>Længde : 52</b></p> <p>Perfekt, din titel indeholder mellem 10 og 70 bogstaver.</p>                                                                                                                                                                                                                                                                           |          |         |       |                                                      |             |                                                                                                                                                         |      |         |    |   |   |   |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|-------|------------------------------------------------------|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------|---------|----|---|---|---|
|             | Beskrivelse                                                                                                                                             | <p>Discover effective brain exercises for memory, focus, and recovery. Try free brain exercises for adults, seniors, and kids to enhance cognitive health.</p> <p><b>Længde : 151</b></p> <p>Perfekt, din meta beskrivelse indeholder mellem 70 og 160 karakterer.</p>                                                                                                                                                              |          |         |       |                                                      |             |                                                                                                                                                         |      |         |    |   |   |   |
|             | Nøgleord                                                                                                                                                | <p>Dårligt! Vi kan ikke finde nogle meta nøgleord på din side! Brug <a href="#">denne gratis online meta generator</a> for at oprette nye nøgleord.</p>                                                                                                                                                                                                                                                                             |          |         |       |                                                      |             |                                                                                                                                                         |      |         |    |   |   |   |
|             | Og Meta Egenskaber                                                                                                                                      | <p>Godt, din side benytter Og egenskaberne</p> <table><tr><th>Egenskab</th><th>Indhold</th></tr><tr><td>title</td><td>Best Brain Exercises to Boost Memory &amp; Focus in 2025</td></tr><tr><td>description</td><td>Discover effective brain exercises for memory, focus, and recovery. Try free brain exercises for adults, seniors, and kids to enhance cognitive health.</td></tr><tr><td>type</td><td>website</td></tr></table> | Egenskab | Indhold | title | Best Brain Exercises to Boost Memory & Focus in 2025 | description | Discover effective brain exercises for memory, focus, and recovery. Try free brain exercises for adults, seniors, and kids to enhance cognitive health. | type | website |    |   |   |   |
| Egenskab    | Indhold                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                     |          |         |       |                                                      |             |                                                                                                                                                         |      |         |    |   |   |   |
| title       | Best Brain Exercises to Boost Memory & Focus in 2025                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                     |          |         |       |                                                      |             |                                                                                                                                                         |      |         |    |   |   |   |
| description | Discover effective brain exercises for memory, focus, and recovery. Try free brain exercises for adults, seniors, and kids to enhance cognitive health. |                                                                                                                                                                                                                                                                                                                                                                                                                                     |          |         |       |                                                      |             |                                                                                                                                                         |      |         |    |   |   |   |
| type        | website                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                     |          |         |       |                                                      |             |                                                                                                                                                         |      |         |    |   |   |   |
|             | Overskrifter                                                                                                                                            | <table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>1</td><td>9</td><td>13</td><td>8</td><td>0</td><td>0</td></tr></table> <ul style="list-style-type: none"><li>• [H1] Top Brain Exercises for a Sharper Mind</li><li>• [H2] Sophie N. Harper</li><li>• [H2] Introduction</li><li>• [H2] What Are Brain Exercises?</li><li>• [H2] Top 5 Brain Exercises for Cognitive Health</li></ul>       | H1       | H2      | H3    | H4                                                   | H5          | H6                                                                                                                                                      | 1    | 9       | 13 | 8 | 0 | 0 |
| H1          | H2                                                                                                                                                      | H3                                                                                                                                                                                                                                                                                                                                                                                                                                  | H4       | H5      | H6    |                                                      |             |                                                                                                                                                         |      |         |    |   |   |   |
| 1           | 9                                                                                                                                                       | 13                                                                                                                                                                                                                                                                                                                                                                                                                                  | 8        | 0       | 0     |                                                      |             |                                                                                                                                                         |      |         |    |   |   |   |

## SEO Indhold

|                                                                                    |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------------------------------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                    |                   | <ul style="list-style-type: none"><li>• [H2] Brain Exercises for Specific Needs</li><li>• [H2] Free and Printable Brain Exercises</li><li>• [H2] How to Choose the Best Brain Exercises</li><li>• [H2] FAQ</li><li>• [H2] Conclusion</li><li>• [H3] About the Author:</li><li>• [H3] Memory Games</li><li>• [H3] Meditation</li><li>• [H3] Puzzles (like Sudoku)</li><li>• [H3] Coordination Tasks</li><li>• [H3] Creative Tasks</li><li>• [H3] For Seniors</li><li>• [H3] For Dementia</li><li>• [H3] Stroke Recovery</li><li>• [H3] Traumatic Brain Injury Rehabilitation Exercises</li><li>• [H3] Neuroplasticity Exercises for Brain Injury</li><li>• [H3] Free Brain Exercises Online</li><li>• [H3] Printable Brain Gym Exercises</li><li>• [H4] What are brain exercises?</li><li>• [H4] Can brain exercises improve memory?</li><li>• [H4] Are there brain exercises for seniors?</li><li>• [H4] Do brain exercises help with dementia?</li><li>• [H4] What are good brain exercises for kids?</li><li>• [H4] Can brain exercises aid stroke recovery?</li><li>• [H4] Are there free brain exercises available?</li><li>• [H4] What are the best brain exercises for adults?</li></ul> |
|  | Billeder          | Vi fandt 9 billeder på denne side.<br><br>Godt, de fleste eller alle af dine billeder har ALT tags.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|  | Text/HTML balance | Balance : <b>65%</b><br><br>Optimalt! Denne sides text til HTML fordeling er mellem 25 og 70 procent.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|  | Flash             | Perfekt, ingen Flash objekter er blevet fundet på siden.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|  | iFrame            | Perfekt, der er ikke nogen iFrames på din side!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

## SEO Links

|                                                                                    |                     |                                                     |
|------------------------------------------------------------------------------------|---------------------|-----------------------------------------------------|
|  | URL Omskrivning     | Godt. Dine links ser venlige ud!                    |
|  | Underscores i links | Perfekt! Ingen underscores blev fundet i dine links |

## SEO Links

|                                                                                  |               |                                                                                        |
|----------------------------------------------------------------------------------|---------------|----------------------------------------------------------------------------------------|
|  | On-page links | Vi fandt et total af 10 links inkluderende 0 link(s) til filer                         |
|  | Statistics    | Eksterne Links : noFollow 0%<br>Eksterne Links : Sender Juice 30%<br>Interne Links 70% |

## On-page links

| Anker                                    | Type    | Juice        |
|------------------------------------------|---------|--------------|
| <a href="#">Author</a>                   | Intern  | Sender Juice |
| <a href="#">Introduction</a>             | Intern  | Sender Juice |
| <a href="#">Exercises</a>                | Intern  | Sender Juice |
| <a href="#">Specific</a>                 | Intern  | Sender Juice |
| <a href="#">Free</a>                     | Intern  | Sender Juice |
| <a href="#">Choose</a>                   | Intern  | Sender Juice |
| <a href="#">FAQ</a>                      | Intern  | Sender Juice |
| <a href="#">brain training exercises</a> | Ekstern | Sender Juice |
| <a href="#">memory games</a>             | Ekstern | Sender Juice |
| <a href="#">attention games</a>          | Ekstern | Sender Juice |

## SEO Nøgleord

|                                                                                    |                 |                                                                    |
|------------------------------------------------------------------------------------|-----------------|--------------------------------------------------------------------|
|  | Nøgleords cloud | memory free brain focus help tasks like<br>exercises games puzzles |
|------------------------------------------------------------------------------------|-----------------|--------------------------------------------------------------------|

## Nøgleords balance

| Nøgleord | Indhold | Titel | Nøgleord | Beskrivelse | Overskrifter |
|----------|---------|-------|----------|-------------|--------------|
| brain    | 69      | ✓     | ✗        | ✓           | ✓            |
|          |         |       |          |             |              |

## Nøgleords balance

|           |    |   |   |   |   |
|-----------|----|---|---|---|---|
| exercises | 69 | ✓ | ✗ | ✓ | ✓ |
| memory    | 42 | ✓ | ✗ | ✓ | ✓ |
| games     | 27 | ✗ | ✗ | ✗ | ✓ |
| like      | 22 | ✗ | ✗ | ✗ | ✓ |

## Brugervenlighed

|                                                                                    |                  |                                                     |
|------------------------------------------------------------------------------------|------------------|-----------------------------------------------------|
|    | Link             | Domæne : brain-exercises.org<br>Længde : 19         |
|    | FavIcon          | Godt, din side har et FavIcon!                      |
|    | Printervenlighed | Vi kunne ikke finde en printer venlig CSS skabelon. |
|   | Sprog            | Godt, dit tildelte sprog er en.                     |
|  | Dublin Core      | Denne side benytter IKKE Dublin Core principperne.  |

## Dokument

|                                                                                    |                 |                                                                                                                                                                                  |
|------------------------------------------------------------------------------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Dokumenttype    | HTML 5                                                                                                                                                                           |
|  | Kryptering      | Perfekt. Dit Charset er tildelt UTF-8.                                                                                                                                           |
|  | W3C Validering  | Fejl : 0<br>Advarsler : 0                                                                                                                                                        |
|  | Email Privatliv | Godt! Ingen email adresser er blevet fundet i rå tekst!                                                                                                                          |
|  | Udgået HTML     | Godt! Vi har ikke fundet udgåede HTML tags i din kildekode                                                                                                                       |
|  | Hastigheds Tips | <div>  <span>Alle tiders! Din webside bruger ikke nestede tabeller.</span> </div> <div></div> |

## Dokument



Advarsel! Din webside benytter inline CSS kode!



Godt, din website har få antal CSS filer



Perfekt, din website har få JavaScript filer.



Perfekt, din hjemmeside udnytter gzip.

## Mobil



### Mobil Optimering



Apple Ikon



Meta Viewport Tag



Flash indhold

## Optimering



### XML Sitemap

Stor, din hjemmeside har en XML sitemap.

<https://brain-exercises.org/sitemap.xml>



### Robots.txt

<http://brain-exercises.org/robots.txt>

Stor, din hjemmeside har en robots.txt-fil.



### Analytics

Mangler

Vi har ikke registreret en analyseværktøj installeret på denne hjemmeside.

Web analytics kan du måle besøgendes aktivitet på dit websted. Du bør have mindst én analyseværktøj installeret, men det kan også være godt at installere et sekund for at krydstjekke data.