







Website review nerdfitness.com

Generated on January 24 2025 17:30 PM






The score is **38/100**







SEO Content

	<p>Title</p>	<p>Nerd Fitness</p> <p>Length : 12</p> <p>Perfect, your title contains between 10 and 70 characters.</p>																		
	<p>Description</p>	<p>Nerd Fitness cuts through the fitness B.S. to help people get stronger, healthier, and more confident - all with a fun, no-nonsense approach.</p> <p>Length : 141</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 this free online meta tags generator to create keywords.</p>																		
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1279 1481 2080"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>site_name</td> <td>Nerd Fitness</td> </tr> <tr> <td>type</td> <td>article</td> </tr> <tr> <td>title</td> <td>Nerd Fitness</td> </tr> <tr> <td>description</td> <td>Nerd Fitness cuts through the fitness B.S. to help people get stronger, healthier, and more confident - all with a fun, no-nonsense approach.</td> </tr> <tr> <td>url</td> <td>https://www.nerdfitness.com/</td> </tr> <tr> <td>image</td> <td>https://www.nerdfitness.com/wp-content/uploads/2016/07/nf-logo.png</td> </tr> <tr> <td>image:secure_url</td> <td>https://www.nerdfitness.com/wp-content/uploads/2016/07/nf-logo.png</td> </tr> </tbody> </table>	Property	Content	locale	en_US	site_name	Nerd Fitness	type	article	title	Nerd Fitness	description	Nerd Fitness cuts through the fitness B.S. to help people get stronger, healthier, and more confident - all with a fun, no-nonsense approach.	url	https://www.nerdfitness.com/	image	https://www.nerdfitness.com/wp-content/uploads/2016/07/nf-logo.png	image:secure_url	https://www.nerdfitness.com/wp-content/uploads/2016/07/nf-logo.png
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SEO Content

		image:width 600												
		image:height 500												
	Headings	<table border="1"> <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>3</td> <td>1</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul style="list-style-type: none"> • [H1] Tired of Starting Over? • [H2] Tired of Starting Over? • [H2] Real humans who care. • [H2] Download Our Free Tools • [H3] Find what works for YOU. 	H1	H2	H3	H4	H5	H6	1	3	1	0	0	0
H1	H2	H3	H4	H5	H6									
1	3	1	0	0	0									
	Images	<p>We found 18 images on this web page.</p> <p>16 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>												
	Text/HTML Ratio	<p>Ratio : 0%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>												
	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	Bad. Your links have query string.
	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 9 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 0%</p> <p>Internal Links 100%</p>

In-page links

Anchor	Type	Juice
Home	Internal	Passing Juice
Login	Internal	Passing Juice
About	Internal	Passing Juice
Contact	Internal	Passing Juice
Online Fitness Coaching	Internal	Passing Juice
Start Here	Internal	Passing Juice
Newsletter	Internal	Passing Juice
Terms and Conditions	Internal	Passing Juice
Privacy Policy	Internal	Passing Juice





SEO Keywords

	Keywords Cloud	
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
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Usability

	Url	Domain : nerdfitness.com Length : 15
	Favicon	Very bad. We have not found shortcut icon. Icons are one of easy ways to attract regular visitors to your website more often.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.

Usability

	Dublin Core	This page does not take advantage of Dublin Core.
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Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 26 Warnings : 11
	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"> 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	<ul style="list-style-type: none"> Apple Icon Meta Viewport Tag Flash content
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Optimization

	XML Sitemap	Great, your website has an XML sitemap.
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Optimization



		<p>https://www.nerdfitness.com/sitemap.xml</p> <p>https://www.nerdfitness.com/sitemap.rss</p>
	Robots.txt	<p>http://nerdfitness.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p>