



Website review fitnesshealth101.com

Generated on May 30 2025 12:57 PM


The score is 51/100







SEO Content

	Title	<p>Your All-in-One Health and Fitness Source -</p> <p>Length : 43</p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p>Provides users with cutting edge health and fitness information. Including weight loss, nutrition, weight training and exercise guides.</p> <p>Length : 135</p> <p>Great, your meta description contains between 70 and 160 characters.</p>												
	Keywords	<p>fitness, health, weight loss, exercise, nutrition, cardio, workout, programs</p> <p>Good, your page contains meta keywords.</p>												
	Og Meta Properties	<p>This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.</p>												
	Headings	<table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>0</td><td>0</td><td>1</td><td>0</td><td>0</td><td>0</td></tr></table> <ul style="list-style-type: none">[H3] Featured News	H1	H2	H3	H4	H5	H6	0	0	1	0	0	0
H1	H2	H3	H4	H5	H6									
0	0	1	0	0	0									
	Images	<p>We found 18 images on this web page.</p> <p>1 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 : 20%</p> <p>Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.</p>												
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>												

SEO Content

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

	URL Rewrite	Good. Your links looks friendly!
	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 97 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 1.03% Internal Links 98.97%

In-page links

Anchor	Type	Juice
Weight Loss	Internal	Passing Juice
Exercise Programs	Internal	Passing Juice
Exercise Equipment	Internal	Passing Juice
Nutritional Supplements	Internal	Passing Juice
Skin and Beauty	Internal	Passing Juice
VISIT PRODUCT'S SITE	Internal	Passing Juice
READ FULL REVIEW	Internal	Passing Juice
Fresh Prepared	Internal	Passing Juice
Bistro MD	Internal	Passing Juice
Jenny Craig	Internal	Passing Juice
Zone Diet	Internal	Passing Juice
Slimfast	Internal	Passing Juice

In-page links

Glycemic Impact	Internal	Passing Juice
VISIT PRODUCT'S SITE	Internal	Passing Juice
READ FULL REVIEW	Internal	Passing Juice
Total Gym	Internal	Passing Juice
Tower 200:Body by Jake	Internal	Passing Juice
Bodylastics	Internal	Passing Juice
Tony Horton's 10 Minute Trainer	Internal	Passing Juice
Slim Series Express	Internal	Passing Juice
Power Half Hour	Internal	Passing Juice
VISIT PRODUCT'S SITE	External	Passing Juice
READ FULL REVIEW	Internal	Passing Juice
Maximus Strength Training Equipment	Internal	Passing Juice
Life Fitness Treadmill	Internal	Passing Juice
Sole Fitness Elliptical	Internal	Passing Juice
Sole Fitness Exercise Bike	Internal	Passing Juice
Body-Craft Strength Training Equipment	Internal	Passing Juice
VISIT PRODUCT'S SITE	Internal	Passing Juice
READ FULL REVIEW	Internal	Passing Juice
New Vitality	Internal	Passing Juice
GNC	Internal	Passing Juice
Doctor Greens	Internal	Passing Juice
Sibu	Internal	Passing Juice
Organic Health and Beauty	Internal	Passing Juice
Naturally Direct	Internal	Passing Juice
VISIT PRODUCT'S SITE	Internal	Passing Juice
READ FULL REVIEW	Internal	Passing Juice
SkinCeuticals	Internal	Passing Juice
Peter Thomas Roth	Internal	Passing Juice

In-page links

New Vitality	Internal	Passing Juice
Avon	Internal	Passing Juice
Oil of Olay	Internal	Passing Juice
Revitol	Internal	Passing Juice
View All News Articles	Internal	Passing Juice
Definition of Aerobic Training	Internal	Passing Juice
Achieving an Aerobic Effect	Internal	Passing Juice
Benefits of Aerobic Training	Internal	Passing Juice
Body Weight Exercises	Internal	Passing Juice
Exercise Ball Exercises	Internal	Passing Juice
Weight Training Exercises	Internal	Passing Juice
Benefits of Personal Fitness	Internal	Passing Juice
Motivation Tips and Techniques	Internal	Passing Juice
Health and Nutrition	Internal	Passing Juice
Benefits of Vitamins	Internal	Passing Juice
Benefits of Minerals	Internal	Passing Juice
Skin and Beauty	Internal	Passing Juice
Skin Care Basics	Internal	Passing Juice
Non-Surgical Procedures	Internal	Passing Juice
Your Weight Loss Plan	Internal	Passing Juice
Your Optimum Weight	Internal	Passing Juice
Setting Weight Loss Goals	Internal	Passing Juice
Listening to Your Body	Internal	Passing Juice
Your Weight Training Program	Internal	Passing Juice
Intermediate Workouts	Internal	Passing Juice
Yoga Types and Styles	Internal	Passing Juice
Meditation in Your Life	Internal	Passing Juice
Origin of Pilates	Internal	Passing Juice

In-page links

Basal Metabolic Rate	Internal	Passing Juice
Calorie Tracker	Internal	Passing Juice
Ideal Weight	Internal	Passing Juice
Target Heart Rate	Internal	Passing Juice
Weight Loss Tracking	Internal	Passing Juice
Read More	Internal	Passing Juice
Read More	Internal	Passing Juice
Read More	Internal	Passing Juice
Return to Top	Internal	Passing Juice
Cardiovascular	Internal	Passing Juice
General Fitness	Internal	Passing Juice
Meditation	Internal	Passing Juice
Pilates	Internal	Passing Juice
Weight Loss	Internal	Passing Juice
Weight Training	Internal	Passing Juice
Yoga	Internal	Passing Juice
Weight Loss Reviews	Internal	Passing Juice
Exercise Equipment Reviews	Internal	Passing Juice
Exercise Program Reviews	Internal	Passing Juice
Nutritional Supplement Reviews	Internal	Passing Juice
Skin and Beauty Product Reviews	Internal	Passing Juice
Fitness Exercises Glossary	Internal	Passing Juice
Workout Routines Glossary	Internal	Passing Juice
Recipes Glossary	Internal	Passing Juice
Vitamins Glossary	Internal	Passing Juice
Minerals Glossary	Internal	Passing Juice
Amino Acids Glossary	Internal	Passing Juice
Herbs Glossary	Internal	Passing Juice

In-page links

[Physical Injuries Glossary](#)

Internal

Passing Juice

SEO Keywords



Keywords Cloud

equipment reviews beauty **fitness** exercise
weight skin glossary health **loss**












Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
weight	23	✖	✔	✔	✖
fitness	19	✔	✔	✔	✖
loss	15	✖	✔	✔	✖
exercise	13	✖	✔	✔	✖
skin	11	✖	✖	✖	✖





Usability

	Url	Domain : fitnesshealth101.com Length : 20
	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	XHTML 1.0 Transitional
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 16 Warnings : 19
	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	<div><div> Excellent, your website doesn't use nested tables.</div><div> Too bad, your website is using inline styles.</div><div> Too bad, your website has too many CSS files (more than 4).</div><div> Too bad, your website has too many JS files (more than 6).</div><div> Perfect, your website takes advantage of gzip.</div></div>

Mobile

	Mobile Optimization	<div><div> Apple Icon</div><div> Meta Viewport Tag</div><div> Flash content</div></div>
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Optimization

	XML Sitemap	Missing Your website does not have an XML sitemap - this can be problematic. A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.
	Robots.txt	http://fitnesshealth101.com/robots.txt

Optimization



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.