



Avaliação do site clickablefitness.com

Gerado a 30 de Março de 2025 16:13 PM

O resultado é de 50/100



Conteúdo SEO

	Título	Clickable Fitness Home - Clickable Fitness Cumprimento : 42 Perfeito, o Título contém entre 10 e 70 caracteres.																		
	Descrição	Clickable Fitness Home - The ultimate destination for accurate and evidence-based health and fitness information. We make fitness simple. Cumprimento : 137 Perfeito, a Descrição META contém entre 70 e 160 caracteres.																		
	Palavras-chave	Mau. Não detetámos palavras-chave META na sua página.																		
	Propriedades Og Meta	Boa! Esta página tira vantagens das propriedades Og. <table><thead><tr><th>Propriedade</th><th>Conteúdo</th></tr></thead><tbody><tr><td>locale</td><td>en_US</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Clickable Fitness Home - Clickable Fitness</td></tr><tr><td>description</td><td>Clickable Fitness Home - The ultimate destination for accurate and evidence-based health and fitness information. We make fitness simple.</td></tr><tr><td>url</td><td>https://www.clickablefitness.com/</td></tr><tr><td>site_name</td><td>Clickable Fitness</td></tr><tr><td>updated_time</td><td>2023-05-13T11:12:19+00:00</td></tr><tr><td>image</td><td>https://www.clickablefitness.com/wp-content/uploads/2022/12/Clickable-Fitness-1-8.png</td></tr></tbody></table>	Propriedade	Conteúdo	locale	en_US	type	website	title	Clickable Fitness Home - Clickable Fitness	description	Clickable Fitness Home - The ultimate destination for accurate and evidence-based health and fitness information. We make fitness simple.	url	https://www.clickablefitness.com/	site_name	Clickable Fitness	updated_time	2023-05-13T11:12:19+00:00	image	https://www.clickablefitness.com/wp-content/uploads/2022/12/Clickable-Fitness-1-8.png
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Conteúdo SEO

image:secure_url	https://www.clickablefitness.com/wp-content/uploads/2022/12/Clickable-Fitness-1-8.png
image:width	1080
image:height	1080
image:alt	Clickable Fitness Home
image:type	image/png

Cabeçalhos

H1	H2	H3	H4	H5	H6
66	4	6	4	3	1
• [H1] HOME • [H1] A Comprehensive Review of XXL Nutrition Supplements: Finding the Right Supplements for Your Fitness Goals • [H1] When Pleasure Becomes Destructive: Dopamine and the Descent into Addiction • [H1] The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Synergy For Success • [H1] The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Part 5: Relationships • [H1] The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Part 4: Light Exposure • [H1] The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Part 3: Exercise • [H1] The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Part 2: Nutrition • [H1] The Five Foundational Pillars: Creating a Solid Base for a Thriving, Healthy Life – Part 1: Sleep • [H1] The Dopamine Advantage: Master Your Motivation and Unlock Your Potential • [H1] Mastering Supplementation: Optimise Your Health, Sleep, and Focus with Science-Backed Strategies • [H1] Introducing FitTrack: Unleashing the Power of Health Data • [H1] Introducing XXL Nutrition: Unleash Your Fitness Potential with the Ultimate Supplement Powerhouse • [H1] Introducing Alphalete: Elevating Fitness with Innovation and Community • [H1] Introducing Eight Sleep: Revolutionizing Sleep Quality with Innovative Products • [H1] Introducing Check My Body Health: Take Charge of Your Health with Confidence • [H1] 10 Essential Supplements for Fitness: Benefits and Recommendations for Optimal Health and Wellness • [H1] The Ultimate Guide to Supplements for Joint Health • [H1] The Top 5 Supplements for Quick Muscle Recovery: A Comprehensive Guide • [H1] Introducing What's Supplements – High Quality and Affordable Supplements • [H1] Introducing TITAN – Elevate Your Home-Gym Experience • [H1] Introducing Momentous – The Science-Backed Performance and Health Solution for High-Achievers. • [H1] Sleep 101: A Guide For Optimizing Your Sleep					

Conteúdo SEO

- [H1] 10 Must-Have Pieces of Equipment for Building a Comprehensive Home Gym.
- [H1] AG1: The Comprehensive Nutritional Solution for Whole-Body Health
- [H1] Introducing Clickable Fitness: The Number 1 Tool for Cutting Through the Noise and Unleashing Your Potential
- [H1] XXL Nutrition Creatine + HMB Stack
- [H1] XXL Nutrition Creatine Caps 1250mg
- [H1] XXL Nutrition Muscle Grow 2000grams
- [H1] XXL Nutrition Creatine Monohydrate
- [H1] Fitness & Nutrition Plan
- [H1] Personalised Nutrition Plan
- [H1] Personalised Fitness Plan
- [H1] XXL Nutrition Blast! Pre-Workout
- [H1] XXL Nutrition Venom Pre-Workout Drink
- [H1] XXL Nutrition Black Label Pre-Workout
- [H1] XXL Nutrition 30 Day Fat Killer Pack
- [H1] XXL Nutrition Women's Fatburner Pack
- [H1] XXL Nutrition Burner Shot
- [H1] XXL Nutrition Vegan Diet Shake
- [H1] XXL Nutrition Fat Metabolic Support Powder
- [H1] XXL Nutrition 24 Hour Fat Metabolic Support Stack
- [H1] XXL Nutrition Fat Metabolic Support Night
- [H1] XXL Nutrition Fat Metabolic Support
- [H1] XXL Nutrition Fat Metabolic Support Black Edition
- [H1] XXL Nutrition Women's Fat Metabolic Support
- [H1] XXL Nutrition Light Sauce
- [H1] XXL Nutrition Diet Shake
- [H1] T-2 SERIES ROLLER J-HOOKS
- [H1] T-2 SERIES SANDWICH J-HOOKS
- [H1] T-2 SERIES LAT TOWER POWER RACK ATTACHMENT
- [H1] TITAN SERIES 24-IN EXTENSION KIT
- [H1] X-3 SERIES BOLT DOWN EXTENSION KIT
- [H1] X-3 SERIES FLAT FOOT EXTENSION KIT
- [H1] T-3 SERIES FOLDING POWER RACK
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- [H1] T-2 SERIES 10-IN EXTENSION KIT
- [H1] SEATED STATIONARY BENCH
- [H1] POWER STRIKE PUNCHING BAG
- [H1] POWER RACK MOUNTED ADJUSTABLE SPEED BAG PLATFORM
- [H1] MUAY THAI HEAVY BAG
- [H1] DUAL STATION BOXING STAND FOR SPEED AND HEAVY BAG
- [H1] MUAY THAI SHIELD
- [H1] PIVOTING REFLEX TRAINER
- [H2] Companies that we trust
- [H2] Join Thousands Of Success Stories Worldwide
- [H2] Providing A Healthy, Happy And Confident Lifestyle For All
- [H2] What To Expect From Clickable Fitness
- [H3] official Partners
- [H3] Reviews
- [H3] About Us
- [H3] WHAT YOU GET

Conteúdo SEO

		• [H3] Sign Up • [H3] Take control of your health and fitness journey with Clickable Fitness • [H4] Recent Articles • [H4] Newsletter • [H4] Your Personalized Path to Peak Performance! • [H4] Recent Products • [H5] Take a stroll through Clickable Fitness blogs and enjoy the rich content we offer you. Read articles on a variety of topics. Keep up with current events and information. • [H5] Join the Clickable Fitness revolution! Get expert advice, tailored workouts, and special offers. Elevate your fitness journey and be your best self. Subscribe now – don't miss out! • [H5] Our filter system ensures that all information, products, and partnerships recommended on our platform align with our mission and provide accurate and evidence-based information. Here are some of the newest additions. • [H6] we make fitness simple.
	Imagens	Encontrámos 72 imagens nesta página. Bom, a maioria das imagens têm o atributo ALT definidos.
	Rácio Texto/HTML	Rácio : 0% O rácio de texto para código HTML desta página é menor que 15 por cento, o que significa que provavelmente é necessário de adicionar mais conteúdos em forma de texto.
	Flash	Perfeito, não foi encontrado conteúdo Flash nesta página.
	Iframe	Excelente, não foram detetadas Iframes nesta página.

Ligações SEO

	Reescrita de URL	Perfeito. As ligações aparentam ser limpas!
	Underscores (traços inferiores) nas URLs	Perfeito. Não foram encontrados 'underscores' (traços inferiores) nas suas URLs.
	Ligações para a própria página	Encontrámos um total de 73 ligações incluindo 0 ligações a ficheiros
	Statistics	Ligações externas : noFollow 0% Ligações externas : Passa sumo 0%

Ligações SEO

Ligações internas 100%

Ligações para a própria página

Âncoras	Tipo	Sumo
Skip to content	Internas	Passa sumo
Home	Internas	Passa sumo
Blog	Internas	Passa sumo
Affiliates	Internas	Passa sumo
Personalised Plans	Internas	Passa sumo
About	Internas	Passa sumo
Contact	Internas	Passa sumo
A Comprehensive Review of XXL Nutrition Supplements: Finding the Right Supplements for Your Fitness Goals	Internas	Passa sumo
When Pleasure Becomes Destructive: Dopamine and the Descent into Addiction	Internas	Passa sumo
The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Synergy For Succes	Internas	Passa sumo
The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Part 5: Relationships	Internas	Passa sumo
The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Part 4: Light Exposure	Internas	Passa sumo
The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Part 3: Exercise	Internas	Passa sumo
The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Part 2: Nutrition	Internas	Passa sumo
The Five Foundational Pillars: Creating a Solid Base for a Thriving, Healthy Life &#8211; Part 1: Sleep	Internas	Passa sumo
The Dopamine Advantage: Master Your Motivation and Unlock Your Potential	Internas	Passa sumo
Mastering Supplementation: Optimise Your Health, Sleep, and Focus with Science-Backed Strategies	Internas	Passa sumo
Introducing FitTrack: Unleashing the Power of Health Data	Internas	Passa sumo
Introducing XXL Nutrition: Unleash Your Fitness Potential with	Internas	Passa sumo

Ligações para a própria página

[the Ultimate Supplement Powerhouse](#)

Introducing Alphalete: Elevating Fitness with Innovation and Community	Internas	Passa sumo
Introducing Eight Sleep: Revolutionizing Sleep Quality with Innovative Products	Internas	Passa sumo
Introducing Check My Body Health: Take Charge of Your Health with Confidence	Internas	Passa sumo
10 Essential Supplements for Fitness: Benefits and Recommendations for Optimal Health and Wellness	Internas	Passa sumo
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Ligações para a própria página

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POWER RACK MOUNTED ADJUSTABLE SPEED BAG PLATFORM	Internas	Passa sumo
MUAY THAI HEAVY BAG	Internas	Passa sumo

Ligações para a própria página

DUAL STATION BOXING STAND FOR SPEED AND HEAVY BAG	Internas	Passa sumo
MUAY THAI SHIELD	Internas	Passa sumo
PIVOTING REFLEX TRAINER	Internas	Passa sumo
Policy	Internas	Passa sumo

Palavras-chave SEO

	Núvem de palavras-chave	
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Consistência das Palavras-chave

Palavra-chave	Conteúdo	Título	Palavras-chave	Descrição	Cabeçalhos
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Usabilidade

	Url	Domínio : clickablefitness.com Cumprimento : 20
	Favicon	Ótimo, o site tem um favicon.
	Facilidade de Impressão	Não encontramos CSS apropriado para impressão.
	Língua	Otimo! A língua declarada deste site é en.
	Dublin Core	Esta página não tira vantagens do Dublin Core.

Documento

	Tipo de Documento	HTML 5
	Codificação	Perfeito. O conjunto de caracteres UTF-8 está declarado.

Documento

		
	Validação W3C	Erros : 105 Avisos : 10
	Privacidade do Email	Aviso! No mínimo, foi encontrado um endereço de email sob a forma de texto. Isto é um convite para que spammers entupam a caixa de correio deste endereço.
	HTML obsoleto	Fantástico! Não detetámos etiquetas HTML obsoletas.
	Dicas de Velocidade	 Excelente, este site não usa tabelas dentro de tabelas.  Oh não, o site usa estilos CSS nas etiquetas HTML.  Oh, não! O site utiliza demasiados ficheiros CSS (mais que 4).  Oh, não! O site utiliza demasiados ficheiros JavaScript (mais que 6).  Perfeito, o site tira vantagens da compressão gzip.

Dispositivos Móveis

	Otimização para dispositivos móveis	 Icon Apple  Meta Viewport Tag  Conteúdo Flash
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Otimização

	XML Sitemap	Em falta O site não tem um mapa XML do site (sitemap) - isto pode ser problemático. Um mapa do site identifica todas as URLs que estão disponíveis para rastreio, incluindo informação acerca de atualizações, frequência de alterações ou a importância de cada URL. Isto contribui para uma maior inteligência e eficiência do rastreio.
	Robots.txt	http://clickablefitness.com/robots.txt Perfeito, o seu site tem um ficheiro robots.txt.

Otimização



Analytics

Perfeito, o site tem uma ferramenta analítica para a análise de atividade.



Google Analytics