# Website review
# vipfitness.com

## The score is 48/100

# SEO Content

| | | |
|---|---|---|
| ⚠️ | Title | Welcome to VIPFITNESS.COM :: The Very Best in Fitness Training to Get You in the Greatest Shape of Your Life!<br><br>**Length : 109**<br><br>Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length. |
| ✅ | Description | VIPFITNESS.COM brings you the best in fitness apparel, nutrition, and videos. We will help you reach your fitness goals!<br><br>**Length : 121**<br><br>Great, your meta description contains between 70 and 160 characters. |
| ✅ | Keywords | vipfitness.com, fit, body, teen, sports, sporting, fitness, exercise, workout, videos, nutrition, nutritional, supplements, apparel, gear, active, wear, aerobics, double pump, tri-a-genics, burn-a-genics, weight, lifting, training, westchester, bronx, ny, new york city, shpresa, perlleshi, lady of america, gyms, inspired, corporation<br><br>Good, your page contains meta keywords. |
| ❌ | Og Meta Properties | 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. |
| ⚪ | Headings | H1 0  H2 0  H3 0  H4 0  H5 0  H6 0 |
| ❌ | Images | We found 20 images on this web page.<br><br>8 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 : **26%**<br><br>Ideal! This page's ratio of text to HTML code is between 25 and 70 percent. |

# SEO Content

| | Flash | Perfect, no Flash content has been detected on this page. |
|---|---|---|
| ✓ | Iframe | Great, there are no Iframes detected on this page. |

# 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 12 links including 0 link(s) to files |
| ● | Statistics | External Links : noFollow 0%<br><br>External Links : Passing Juice 8.33%<br><br>Internal Links 91.67% |

# In-page links

| Anchor | Type | Juice |
|---|---|---|
| Home | Internal | Passing Juice |
| Store | Internal | Passing Juice |
| Cellulite | Internal | Passing Juice |
| VIP Teens! | Internal | Passing Juice |
| Club | Internal | Passing Juice |
| Successes | Internal | Passing Juice |
| About | Internal | Passing Juice |
| Moves | Internal | Passing Juice |
| Learn more about Total Body | External | Passing Juice |
| day spa | Internal | Passing Juice |

# In-page links

| | | |
|---|---|---|
| Class Schedule | Internal | Passing Juice |
| Privacy Policy | Internal | Passing Juice |

# SEO Keywords

| | |
|---|---|
| Keywords Cloud | perlleshi club pump shpresa fitness more all body double vipfitness |

# Keywords Consistency

| Keyword | Content | Title | Keywords | Description | Headings |
|---|---|---|---|---|---|
| fitness | 10 | ✔ | ✔ | ✔ | ✖ |
| shpresa | 6 | ✖ | ✔ | ✖ | ✖ |
| body | 6 | ✖ | ✔ | ✖ | ✖ |
| more | 6 | ✖ | ✖ | ✖ | ✖ |
| all | 5 | ✖ | ✖ | ✖ | ✖ |

# Usability

| | | |
|---|---|---|
| | Url | Domain : vipfitness.com<br>Length : 14 |
| ✖ | 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 | You have not specified the language. Use this free meta tags generator to declare the intended language of your website. |
| ✖ | Dublin Core | This page does not take advantage of Dublin Core. |

# Document

| | | |
|---|---|---|
| ✅ | Doctype | HTML 4.01 Transitional |
| ❌ | Encoding | You have not specified the document's charset. Use this free meta tags generator to declare document's charset. |
| ❌ | W3C Validity | Errors : 0<br>Warnings : 0 |
| ❌ | 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 | ✖ Attention! Try to avoid nested tables in HTML.<br>✖ Too bad, your website is using inline styles.<br>✔ Great, your website has few CSS files.<br>✔ Perfect, your website has few JavaScript files.<br>✔ Perfect, your website takes advantage of gzip. |

# Mobile

| | | |
|---|---|---|
| ⊙ | Mobile Optimization | ✖ Apple Icon<br>✖ Meta Viewport Tag<br>✔ Flash content |

# Optimization

| | | |
|---|---|---|
| ❌ | XML Sitemap | Missing<br><br>Your website does not have an XML sitemap - this can be problematic.<br><br>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://vipfitness.com/robots.txt |

# Optimization

| | | |
|---|---|---|
| ✅ | | Great, your website has a robots.txt file. |
| ❌ | Analytics | Missing<br><br>We didn't detect an analytics tool installed on this website.<br><br>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. |