



# Website review afit.de

Generated on November 17 2018 22:42 PM






The score is 49/100





## SEO Content

	<b>Title</b>	<p>aFit.de - AFIT - dein Blog zum Thema Fitness, Ernährung und Gesundheit</p> <p>Length : 70</p> <p>Perfect, your title contains between 10 and 70 characters.</p>														
	<b>Description</b>	<p>AFIT - dein Blog zum Thema Fitness, Ernährung und Gesundheit</p> <p>Length : 60</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>														
	<b>Keywords</b>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>														
	<b>Og Meta Properties</b>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1447 1481 2007"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>de_DE</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>aFit.de - AFIT - dein Blog zum Thema Fitness, Ernährung und Gesundheit</td> </tr> <tr> <td>description</td> <td>AFIT - dein Blog zum Thema Fitness, Ernährung und Gesundheit</td> </tr> <tr> <td>url</td> <td>https://www.afil.de/</td> </tr> <tr> <td>site_name</td> <td>aFit.de</td> </tr> </tbody> </table>	Property	Content	locale	de_DE	type	website	title	aFit.de - AFIT - dein Blog zum Thema Fitness, Ernährung und Gesundheit	description	AFIT - dein Blog zum Thema Fitness, Ernährung und Gesundheit	url	https://www.afil.de/	site_name	aFit.de
Property	Content															
locale	de_DE															
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title	aFit.de - AFIT - dein Blog zum Thema Fitness, Ernährung und Gesundheit															
description	AFIT - dein Blog zum Thema Fitness, Ernährung und Gesundheit															
url	https://www.afil.de/															
site_name	aFit.de															
	<b>Headings</b>	<p>H1      H2      H3      H4      H5      H6</p>														



## SEO Content

		1	15	4	0	0	0
		<ul style="list-style-type: none"> <li>• [H1] aFit.de</li> <li>• [H2] Die Ausbildung zum Heilmasseur und deren Vorzüge</li> <li>• [H2] Was hilft vor und während einer Erkältung?</li> <li>• [H2] Hilfe bei kreisrundem Haarausfall (Alopecia areata)</li> <li>• [H2] Was ist Angewandte Kinesiologie (Applied Kinesiology) ?</li> <li>• [H2] Tipps wie du es schaffst mehr Wasser zu trinken</li> <li>• [H2] Fettlösliche Vitamine: Die Vitamine A, D, E und K schützen den Körper</li> <li>• [H2] Gesundheitsfördernd: Fahrrad fahren für Körper und Seele</li> <li>• [H2] Bodybuilding - Die Synergie aus Training, Ernährung und Erholung</li> <li>• [H2] Gefahren bei der Gewichtsreduzierung</li> <li>• [H2] Fitness: Eine Frage der Definition?</li> <li>• [H2] Beitrags-Navigation</li> <li>• [H2] Die Ausbildung zum Heilmasseur und deren Vorzüge</li> <li>• [H2] Was hilft vor und während einer Erkältung?</li> <li>• [H2] Hilfe bei kreisrundem Haarausfall (Alopecia areata)</li> <li>• [H2] Was ist Angewandte Kinesiologie (Applied Kinesiology) ?</li> <li>• [H3] Suche</li> <li>• [H3] aFit.de - Dein Fitness und Gesundheits-Blog</li> <li>• [H3] Aktuelle Artikel</li> <li>• [H3] Über aFit.de</li> </ul>					
	Images	<p>We found 15 images on this web page.</p> <p>2 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 : 15%</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>					
	Iframe	<p>Great, there are no Iframes detected on this page.</p>					

## SEO Links

	URL Rewrite	<p>Bad. Your links have query string.</p>					
	Underscores in the URLs	<p>We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.</p>					

## SEO Links

	In-page links	We found a total of 26 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 7.69%</p> <p>Internal Links 92.31%</p>


### In-page links

Anchor	Type	Juice
<a href="#">aFit.de</a>	Internal	Passing Juice
<a href="#">Startseite</a>	Internal	Passing Juice
<a href="#">Fitness</a>	Internal	Passing Juice
<a href="#">Rezepte</a>	Internal	Passing Juice
<a href="#">Gesundheit</a>	Internal	Passing Juice
<a href="#">Die Ausbildung zum Heilmasseur und deren Vorzüge</a>	Internal	Passing Juice
<a href="#">Blog</a>	Internal	Passing Juice
<a href="#">AFit_Redaktion</a>	Internal	Passing Juice
<a href="#">Was hilft vor und während einer Erkältung?</a>	Internal	Passing Juice
<a href="#">Hilfe bei kreisrundem Haarausfall (Alopecia areata)</a>	Internal	Passing Juice
<a href="#">Was ist Angewandte Kinesiologie (Applied Kinesiology) ?</a>	Internal	Passing Juice
<a href="#">Tipps wie du es schaffst mehr Wasser zu trinken</a>	Internal	Passing Juice
<a href="#">Ernährung</a>	Internal	Passing Juice
<a href="#">Fettlösliche Vitamine: Die Vitamine A, D, E und K schützen den Körper</a>	Internal	Passing Juice
<a href="#">Gesundheitsfördernd: Fahrrad fahren für Körper und Seele</a>	Internal	Passing Juice
<a href="#">Bodybuilding &amp;#8211; Die Synergie aus Training, Ernährung und Erholung</a>	Internal	Passing Juice
<a href="#">Gefahren bei der Gewichtsreduzierung</a>	Internal	Passing Juice
=	Internal	noFollow
<a href="#">Fitness: Eine Frage der Definition?</a>	Internal	Passing Juice

## In-page links

<a href="#">2</a>	Internal	Passing Juice
<a href="#">3</a>	Internal	Passing Juice
<a href="#">Impressum</a>	Internal	Passing Juice
<a href="#">Datenschutzerklärung</a>	Internal	Passing Juice
<a href="#">WordPress</a>	External	Passing Juice
<a href="#">Balanced Blog</a>	External	Passing Juice
<a href="#">OK</a>	Internal	Passing Juice

## SEO Keywords

	Keywords Cloud	die gesundheit <b>von und</b> afitredaktion <b>aus</b> weiterlesen sie <b>fitness</b> der
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## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
und	18	✓	✗	✓	✓
aus	15	✗	✗	✗	✓
fitness	12	✓	✗	✓	✓
von	12	✗	✗	✗	✗
weiterlesen	10	✗	✗	✗	✗












## Usability

	Url	Domain : afit.de Length : 7
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.





## Usability

	Language	Good. Your declared language is de.
	Dublin Core	This page does not take advantage of Dublin Core.





## Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 2 Warnings : 9
	Email Privacy	Warning! At least one email address has been found in the plain text. Use <a href="#">free antispam protector</a> to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Great, your website has few CSS files.</li><li> Perfect, your website has few JavaScript files.</li><li> Too bad, your website does not take advantage of gzip.</li></ul>

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li> Apple Icon</li><li> Meta Viewport Tag</li><li> Flash content</li></ul>
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## Optimization

	XML Sitemap	Great, your website has an XML sitemap. <a href="https://www.afit.de/sitemap.xml">https://www.afit.de/sitemap.xml</a>
	Robots.txt	<a href="http://afit.de/robots.txt">http://afit.de/robots.txt</a> Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics