







Seo Analyzer healthy-living-now.ca

Generated on April 03 2022 23:38 PM






The score is 54/100





SEO Content

	<p>Title</p>	<p>Healthy Living Now - Helping you live a healthy life with a chronic condition</p> <p>Length : 77</p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.</p>														
	<p>Description</p>	<p>The Ontario Ministry of Health has recently funded the Self-Management Initiative, aimed at preventing and improving management of chronic conditions.</p> <p>Length : 150</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="544 1384 1481 2069"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>site_name</td> <td>Healthy Living Now - Helping you live a healthy life with a chronic condition</td> </tr> <tr> <td>type</td> <td>article</td> </tr> <tr> <td>title</td> <td>Healthy Living Now - Helping you live a healthy life with a chronic condition</td> </tr> <tr> <td>description</td> <td>The Ontario Ministry of Health has recently funded the Self-Management Initiative, aimed at preventing and improving management of chronic conditions.</td> </tr> <tr> <td>url</td> <td>https://healthy-living-now.ca/</td> </tr> <tr> <td>image</td> <td>https://healthy-living-now.ca/wp-content/uploads/2021/03/HLN-ont-1.jpg</td> </tr> </tbody> </table>	Property	Content	site_name	Healthy Living Now - Helping you live a healthy life with a chronic condition	type	article	title	Healthy Living Now - Helping you live a healthy life with a chronic condition	description	The Ontario Ministry of Health has recently funded the Self-Management Initiative, aimed at preventing and improving management of chronic conditions.	url	https://healthy-living-now.ca/	image	https://healthy-living-now.ca/wp-content/uploads/2021/03/HLN-ont-1.jpg
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SEO Content

		<p>image:secure_url https://healthy-living-now.ca/wp-content/uploads/2021/03/HLN-ont-1.jpg</p> <p>image:width 388</p> <p>image:height 192</p>												
	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>2</td> <td>0</td> <td>2</td> <td>3</td> <td>0</td> <td>4</td> </tr> </tbody> </table> <ul style="list-style-type: none"> • [H1] Helping you live a healthy life with a chronic disease. • [H1] Find a Healthy Living Now Workshop in your area. • [H3] The evidence-based self-management programs previously offered by Stanford Patient Education Research Center are now at the Self-Management Resource Center' • [H3] Welcome to the Self-Management Program for Central LHIN • [H4] About Us • [H4] Healthy Living Now Workshops • [H4] Choices and Changes • [H6] Our Vision • [H6] Mailing address • [H6] Contact Us • [H6] Hosted by: 	H1	H2	H3	H4	H5	H6	2	0	2	3	0	4
H1	H2	H3	H4	H5	H6									
2	0	2	3	0	4									
	Images	<p>We found 8 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 : 10%</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	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.

SEO Links

	In-page links	We found a total of 29 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 3.45% Internal Links 96.55%

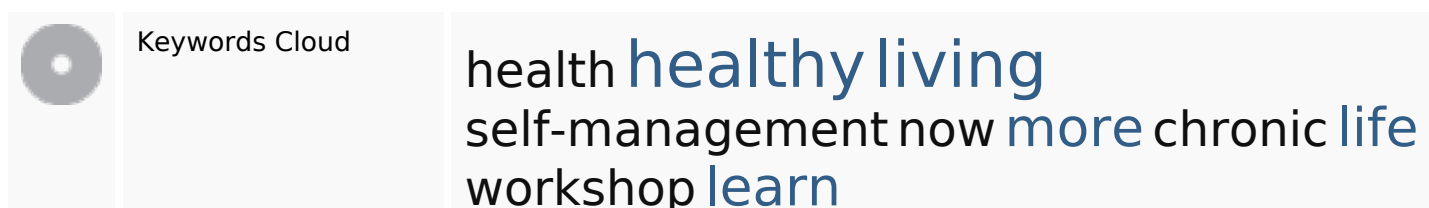
In-page links

Anchor	Type	Juice
Contact Us	Internal	Passing Juice
Faculty	Internal	Passing Juice
Discover	Internal	Passing Juice
About Us	Internal	Passing Juice
Healthy Living Now with Diabetes	Internal	Passing Juice
Living a Healthy Life with Chronic Conditions	Internal	Passing Juice
Living a Healthy Life with Chronic Pain	Internal	Passing Juice
Living a Healthy Life with Diabetes	Internal	Passing Juice
Powerful Tools for Caregivers	Internal	Passing Juice
Cancer: Thriving and Surviving Program	Internal	Passing Juice
Healthy Living Now Workshops	Internal	Passing Juice
Clinician Workshops	Internal	Passing Juice
Resources for Good Health	Internal	Passing Juice
Workshop Leaders	Internal	Passing Juice
Why Become a Volunteer Peer Leader?	Internal	Passing Juice
What Do Leaders Do?	Internal	Passing Juice
Volunteer Peer Leader Training	Internal	Passing Juice
Training &#038; Events Calendar	Internal	Passing Juice
Choices and Changes	Internal	Passing Juice
Brief Action Planning	Internal	Passing Juice

In-page links

Foundations of Motivational Interviewing	Internal	Passing Juice
The Empathy Effect : Countering Bias to Improve Health Outcomes	Internal	Passing Juice
Recommended Reading	Internal	Passing Juice
FAQ	Internal	Passing Juice
Testimonials	Internal	Passing Juice
Self-Management Resource Center	External	Passing Juice
Read More	Internal	Passing Juice
Learn More	Internal	Passing Juice
Privacy Policy	Internal	Passing Juice


SEO Keywords



Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
healthy	15	✓	✗	✗	✓
living	12	✓	✗	✗	✓
more	11	✗	✗	✗	✗
learn	10	✗	✗	✗	✗
life	9	✓	✗	✗	✓












Usability

	Url	Domain : healthy-living-now.ca Length : 21

Usability

	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	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 5 Warnings : 58
	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	<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
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Mobile

✓ Flash content

Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <pre data-bbox="544 488 1481 667">http://healthy-living-now.ca/sitemap.xml https://healthy-living-now.ca/sitemap.xml https://healthy-living-now.ca/sitemap.rss</pre>
	Robots.txt	<pre data-bbox="544 701 1054 734">http://healthy-living-now.ca/robots.txt</pre> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <pre data-bbox="544 902 1481 981"> Google Analytics</pre>