







# Seo Analyzer motionfitness.co.za

Generated on March 29 2022 13:36 PM






The score is 54/100







## SEO Content

	<p>Title</p>	<p>Motion Fitness   Home   Gym facilities in the Eastern and Western Cape</p> <p><b>Length : 70</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>														
	<p>Description</p>	<p>Motion Fitness - Exceclent gym facilities in the Western and Eastern Cape, servicing the health and fitness needs of communities with World Class equipment.</p> <p><b>Length : 156</b></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 <a href="#">this free online meta tags generator</a> 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 1317 1481 1937"> <thead> <tr> <th>Property</th> <th>Content</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>Motion Fitness   Home   Gym facilities in the Eastern and Western Cape</td> </tr> <tr> <td>description</td> <td>Motion Fitness - Exceclent gym facilities in the Western and Eastern Cape, servicing the health and fitness needs of communities with World Class equipment.</td> </tr> <tr> <td>url</td> <td><a href="https://www.motionfitness.co.za/">https://www.motionfitness.co.za/</a></td> </tr> <tr> <td>site_name</td> <td>Motion Fitness</td> </tr> </tbody> </table>	Property	Content	locale	en_US	type	website	title	Motion Fitness   Home   Gym facilities in the Eastern and Western Cape	description	Motion Fitness - Exceclent gym facilities in the Western and Eastern Cape, servicing the health and fitness needs of communities with World Class equipment.	url	<a href="https://www.motionfitness.co.za/">https://www.motionfitness.co.za/</a>	site_name	Motion Fitness
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## SEO Content

	Headings	<table><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>0</td><td>4</td><td>1</td><td>2</td><td>2</td><td>0</td></tr></tbody></table> <ul style="list-style-type: none"><li>• [H2] COVID 19 Update</li><li>• [H2] VIEW THE GYM</li><li>• [H2] VIEW THE GYM</li><li>• [H2] Little Movers is HERE!</li><li>• [H3] LETS START A CONVERSATION</li><li>• [H4] MOTION FITNESS - LOUIS TRICHARDT</li><li>• [H4] MOTION FITNESS - WORCESTER</li><li>• [H5] LIMPOPO</li><li>• [H5] WESTERN CAPE</li></ul>	H1	H2	H3	H4	H5	H6	0	4	1	2	2	0
H1	H2	H3	H4	H5	H6									
0	4	1	2	2	0									
	Images	<p>We found 15 images on this web page.</p> <p>9 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 : <b>2%</b></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	<p>Perfect, no Flash content has been detected on this page.</p>												
	Iframe	<p>Great, there are no Iframes detected on this page.</p>												

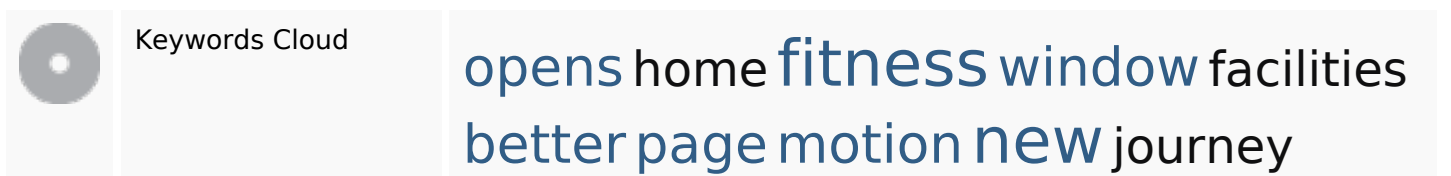
## SEO Links

	URL Rewrite	<p>Good. Your links looks friendly!</p>
	Underscores in the URLs	<p>Perfect! No underscores detected in your URLs.</p>
	In-page links	<p>We found a total of 13 links including 0 link(s) to files</p>
	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="#">Skip to content</a>	Internal	Passing Juice
<a href="#">Join now</a>	Internal	Passing Juice
<a href="#">South African Corona Virus Website.</a>	External	Passing Juice
<a href="#">Read Statement</a>	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">CLAIM</a>	Internal	Passing Juice
<a href="#">Learn More</a>	Internal	Passing Juice
<a href="#">Home</a>	Internal	Passing Juice
<a href="#">About Us</a>	Internal	Passing Juice
<a href="#">Contact Us</a>	Internal	Passing Juice
<a href="#">Rules and Regulations</a>	Internal	Passing Juice
<a href="#">Learn More</a>	Internal	Passing Juice






## SEO Keywords



## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
fitness	5	✓	✗	✓	✓
new	4	✗	✗	✗	✗
motion	3	✓	✗	✓	✓
better	3	✗	✗	✗	✗
window	3	✗	✗	✗	✗

## Usability

	Url	Domain : motionfitness.co.za Length : 19
	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 : 23 Warnings : 24
	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> Too bad, your website has too many CSS files (more than 4).</li><li> Too bad, your website has too many JS files (more than 6).</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	<p>Great, your website has an XML sitemap.</p> <p><a href="http://motionfitness.co.za/sitemap.xml">http://motionfitness.co.za/sitemap.xml</a></p>
	Robots.txt	<p><a href="http://motionfitness.co.za/robots.txt">http://motionfitness.co.za/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <p> Google Analytics</p>