



Website Analysis: activeaging.com

Generated on April 09 2026 21:17 PM





The score is 50/100







SEO Content

	<p>Title</p>	<p>A Blog to Age Gracefully Active Aging</p> <p>Length : 39</p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	<p>Description</p>	<p>Active Aging Blog is designed to help boomers live retirement to the fullest and age gracefully. Don't waste another moment!</p> <p>Length : 124</p> <p>Great, your meta description contains between 70 and 160 characters.</p>												
	<p>Keywords</p>	<p>Boomers, Senior Citizens</p> <p>Good, your page contains meta keywords.</p>												
	<p>Og Meta Properties</p>	<p>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.</p>												
	<p>Headings</p>	<table border="1" data-bbox="544 1413 1481 1480"> <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>1</td> <td>14</td> <td>10</td> <td>0</td> <td>1</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="616 1518 1469 2078" style="list-style-type: none"> • [H1] A BLOG TO AGE GRACEFULLY • [H2] 8 Pillars of Gut Health • [H2] Blue Zones... How To Live Into Your Hundreds • [H2] Best Protein Sources for Seniors • [H2] Biggest Pickleball Mistakes to Avoid • [H2] MOST POPULAR ARTICLES • [H2] SHOP NOW • [H2] Best Pickleball Shoes For Men and Women • [H2] Best Water Filtration Systems • [H2] The Very Best Digital Smartwatches - Plus Reviews! • [H2] Best Men's Golf Shirts Reviews and Features • [H2] Top 5 Pickleball Paddles • [H2] Top 5 Books to Read in Retirement • [H2] RECENT CHALLENGES • [H2] View All Categories • [H3] How Much Water Should a Senior Citizen Drink per Day? • [H3] Average Golf Club Swing Speed by Age and Gender 	H1	H2	H3	H4	H5	H6	1	14	10	0	1	0
H1	H2	H3	H4	H5	H6									
1	14	10	0	1	0									

SEO Content

		<ul style="list-style-type: none">• [H3] How Bioidentical Hormone Replacement Therapy Can Help Aging Adults• [H3] 5 Steps for Better Sleep as We Age• [H3] Best Golf Balls for Seniors• [H3] Pros and Cons of Coffee for Aging Adults• [H3] 1 Minute Pushup Challenge (Ages 55+)• [H3] Handstand Challenge (Ages 55+)• [H3] Yoga Crow Pose Challenge for Ages 55+• [H3] Wheel Pose Challenge (Ages 55+)• [H5] Subscribe
	Images	We found 22 images on this web page. 3 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 : 5% This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

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 36 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 5.56% Internal Links 94.44%


In-page links

Anchor	Type	Juice
Subscribe	Internal	Passing Juice
Active Aging Challenges	Internal	Passing Juice
Join Our Free Community	External	Passing Juice
Categories	External	Passing Juice
Exercise & Nutrition	Internal	Passing Juice
Home & Garden	Internal	Passing Juice
Lifestyle	Internal	Passing Juice
Mindfulness	Internal	Passing Juice
Yoga	Internal	Passing Juice
All Categories	Internal	Passing Juice
Watch Video	Internal	Passing Juice
Blue Zones... How To Live Into Your Hundreds	Internal	Passing Juice
Best Protein Sources for Seniors	Internal	Passing Juice
Biggest Pickleball Mistakes to Avoid	Internal	Passing Juice
How Much Water Should a Senior Citizen Drink per Day?	Internal	Passing Juice
Average Golf Club Swing Speed by Age and Gender	Internal	Passing Juice
How Bioidentical Hormone Replacement Therapy Can Help Aging Adults	Internal	Passing Juice
5 Steps for Better Sleep as We Age	Internal	Passing Juice
Best Golf Balls for Seniors	Internal	Passing Juice
Pros and Cons of Coffee for Aging Adults	Internal	Passing Juice
View List	Internal	Passing Juice
Shop Now	Internal	Passing Juice
View Reviews	Internal	Passing Juice
Best Shirts	Internal	Passing Juice
Best Paddle List	Internal	Passing Juice
Best Books	Internal	Passing Juice
View All Categories	Internal	Passing Juice

In-page links

Our Mission	Internal	Passing Juice
Contact Us	Internal	Passing Juice
Editorial Team	Internal	Passing Juice
Working with Bloggers	Internal	Passing Juice
Expert Reviewers	Internal	Passing Juice
Exercise & Nutrition	Internal	Passing Juice
Home & Garden	Internal	Passing Juice
Lifestyle	Internal	Passing Juice
Mindfulness	Internal	Passing Juice


SEO Keywords

 Keywords Cloud	categories home mindfulness exercise menu nutrition yoga lifestyle all garden
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
categories	2	✘	✘	✘	✔
menu	1	✘	✘	✘	✘
home	1	✘	✘	✘	✘
all	1	✘	✘	✘	✔
yoga	1	✘	✘	✘	✔










Usability

 Url	Domain : activeaging.com Length : 15
Favicon	Great, your website has a favicon.




Usability

		
	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 : 0 Warnings : 0
	Email Privacy	Great no email address has been found in plain text!
	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). Too bad, your website does not take 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	Great, your website has an XML sitemap. https://activeaging.com/sitemap
	Robots.txt	http://activeaging.com/robots.txt Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics