



Website Analysis: spts.org

Generated on July 28 2024 20:24 PM

The score is 49/100





SEO Content

	Title	SPTS - Promoting Health and Wellbeing Length : 37 Perfect, your title contains between 10 and 70 characters.																
	Description	SPTS is website dedicated to advancing physical and mental health through scientific research and proven interventions. Learn about our evidence-based health promotion programs. Length : 177 Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.																
	Keywords	Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.																
	Og Meta Properties	Good, your page take advantage of Og Properties. <table><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>SPTS - Promoting Health and Wellbeing</td></tr><tr><td>description</td><td>SPTS is website dedicated to advancing physical and mental health through scientific research and proven interventions. Learn about our evidence-based health promotion programs.</td></tr><tr><td>url</td><td>https://spts.cc/</td></tr><tr><td>site_name</td><td>SPTS</td></tr><tr><td>image</td><td>https://spts.cc/wp-content/uploads/2023/09/stethoscope.png</td></tr></tbody></table>	Property	Content	locale	en_US	type	website	title	SPTS - Promoting Health and Wellbeing	description	SPTS is website dedicated to advancing physical and mental health through scientific research and proven interventions. Learn about our evidence-based health promotion programs.	url	https://spts.cc/	site_name	SPTS	image	https://spts.cc/wp-content/uploads/2023/09/stethoscope.png
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SEO Content

	Headings	H1	H2	H3	H4	H5	H6
		1	21	0	10	2	0
		<ul style="list-style-type: none">• [H1] Elevate Your Well-being: Your Daily Dose of Health Inspiration• [H2] 10 Warning Signs Of Mold Toxicity: Don't Ignore These Signals!• [H2] How To Lose Cortisol Belly Fat? 9 Natural Tips To Follow!• [H2] Rice Water Diet Drink: Incredible Benefits For Weight Loss!• [H2] FitSpresso Complaints From Customers! Is It Really Safe?• [H2] Latest From SPTS Blog• [H2] The Medical MindsBehind Our Content• [H2] Claudia Chaves, MD• [H2] Rony Kampalath, MD• [H2] Anita Sadaty, MD• [H2] Doru Paul, MD• [H2] Isaac O. Opole, MD, PhD• [H2] Miho J. Tanaka, MD• [H2] Explore Categories• [H2] Joint Health• [H2] Mental Health• [H2] Gut Health• [H2] Eye Health• [H2] Ear Health• [H2] Dental Health• [H2] Sleep Support• [H2] Explore Research On Trending Market Products• [H4] Exploring The Natural Ingredients In Joint Genesis Supplement• [H4] Ingredients In Wisdom Weight Loss Supplement Revealed!• [H4] Best Supplements For Nerve Health: An Ultimate Guide!• [H4] Blue Tonic for Weight Loss: Discover The Connection With Sumatra Slim Belly Tonic• [H4] LeptiCell Ingredients: Any Harmful Component Found?• [H4] FitSpresso Analysis: My Personal Experience And Research Findings!• [H4] FitSpresso Ingredients List Label And Its Uses For Weight Reduction• [H4] FitSpresso Side Effects Discovered Through Research!• [H4] What Does Nanotechnology Do For Your Nails And Skin? A Rapid Insight!• [H4] NanoDefense Pro Ingredients: A Quick Guide On The Nano-Particles In The Formula!• [H5] Quick Links• [H5] Categories					
	Images	We found 28 images on this web page. 18 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 : 0% This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.					

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 108 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 98.15%</p> <p>Internal Links 1.85%</p>

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
CEUs	External	Passing Juice
CONFERENCES	External	Passing Juice
HOME STUDY COURSES	External	Passing Juice
SPORTS CERTIFIED SPECIALIZATION	External	Passing Juice
RESIDENCY AND FELLOWSHIP	External	Passing Juice
AASPT SPONSORED AND PARTNERED SYMPOSIA	External	Passing Juice
SPTS Traveling Fellowship	External	Passing Juice
AASPT RESEARCH GRANTS	External	Passing Juice
THE LEGACY FUND	External	Passing Juice

In-page links

CONFERENCE ABSTRACT AWARDS	External	Passing Juice
VOLUME FIFTEEN NUMBER FOUR	External	Passing Juice
VOLUME FIFTEEN NUMBER SIX	External	Passing Juice
VOLUME FIFTEEN NUMBER TWO	External	Passing Juice
VOLUME FIFTEEN NUMBER FIVE	External	Passing Juice
VOLUME THIRTEEN, NUMBER THREE	External	Passing Juice
VOLUME TWELVE NUMBER FIVE	External	Passing Juice
VOLUME FIFTEEN NUMBER ONE	External	Passing Juice
VOLUME FOURTEEN, NUMBER FIVE	External	Passing Juice
VOLUME TWELVE NUMBER TWO	External	Passing Juice
VOLUME FOURTEEN NUMBER FOUR	External	Passing Juice
volume twelve NUMBER three	External	Passing Juice
VOLUME TWELVE NUMBER FOUR	External	Passing Juice
MEMBER BENEFITS	External	Passing Juice
COVID-19	External	Passing Juice
Concussion Management	External	Passing Juice
Physical Activities	External	Passing Juice
Sports Nutrition	External	Passing Juice
Orthopedic Injuries	External	Passing Juice
Tips For Athletes	External	Passing Juice
Injuries	External	Passing Juice
Physical Therapy	External	Passing Juice
Resources	External	Passing Juice
Guides	Internal	Passing Juice
Best Guides	External	Passing Juice
Comparison	External	Passing Juice
Pain Relief	External	Passing Juice
Ear Health	External	Passing Juice

In-page links

Nerve Health	External	Passing Juice
Heart Health	External	Passing Juice
Digestive Health	External	Passing Juice
Joint Health	External	Passing Juice
Immune Support	External	Passing Juice
Brain Health	External	Passing Juice
Detox & Cleansing	External	Passing Juice
Eye Health	External	Passing Juice
Women's Health	External	Passing Juice
Altai Balance	External	Passing Juice
Energy & Stamina	External	Passing Juice
Beauty	External	Passing Juice
Dental Health	External	Passing Juice
Diet & Weight Loss	External	Passing Juice
Deep Sleep Support	External	Passing Juice
Men's Health	External	Passing Juice
10 Warning Signs Of Mold Toxicity: Don't Ignore These Signals!	External	Passing Juice
How To Lose Cortisol Belly Fat? 9 Natural Tips To Follow!	External	Passing Juice
Rice Water Diet Drink: Incredible Benefits For Weight Loss!	External	Passing Juice
FitSpresso Complaints From Customers! Is It Really Safe?	External	Passing Juice
Exploring The Natural Ingredients In Joint Genesis Supplement	External	Passing Juice
Ingredients In Wisdom Weight Loss Supplement Revealed!	External	Passing Juice
Best Supplements For Nerve Health: An Ultimate Guide!	External	Passing Juice
Blue Tonic for Weight Loss: Discover The Connection With Sumatra Slim Belly Tonic	External	Passing Juice
LeptiCell Ingredients: Any Harmful Component Found?	External	Passing Juice
FitSpresso Analysis: My Personal Experience And Research Findings!	External	Passing Juice


In-page links

FitSpresso Ingredients List Label And Its Uses For Weight Reduction	External	Passing Juice
FitSpresso Side Effects Discovered Through Research!	External	Passing Juice
What Does Nanotechnology Do For Your Nails And Skin? A Rapid Insight!	External	Passing Juice
NanoDefense Pro Ingredients: A Quick Guide On The Nano-Particles In The Formula!	External	Passing Juice
Nerve Savior	External	Passing Juice
Liv Pure	External	Passing Juice
Neotonics	External	Passing Juice
Fast Lean Pro	External	Passing Juice
Sight care	External	Passing Juice
Sumatra Slim Belly Tonic	External	Passing Juice
Alpha Tonic	External	Passing Juice
ErecPrime	External	Passing Juice
TropiSlim	External	Passing Juice
FitSpresso	External	Passing Juice
Amiclear	External	Passing Juice
-	External	Passing Juice
ProDentim	External	Passing Juice
Gluconite	External	Passing Juice
ReFirmance	External	Passing Juice
SeroLean	External	Passing Juice
Puravive	External	Passing Juice
Amyl Guard	External	Passing Juice
Sugar Defender	External	Passing Juice
Boostaro	External	Passing Juice
Red Boost	External	Passing Juice
Illuderma	External	Passing Juice
Quietum Plus	External	Passing Juice

In-page links

Cortexi	External	Passing Juice
Ikaria Lean Belly Juice	External	Passing Juice
LeanBiome	External	Passing Juice
LeanBliss	External	Passing Juice
Xitox Foot Pads	External	Passing Juice
Prostadine	External	Passing Juice
About Us	External	Passing Juice
Contact Us	External	Passing Juice
Privacy Notice	External	Passing Juice
Terms Of Use	External	Passing Juice
Medical Disclaimer	External	Passing Juice
Editorial Policy	External	Passing Juice
Affiliate Disclosure	External	Passing Juice
FAQ	External	Passing Juice
Sitemap	External	Passing Juice
General Health	External	Passing Juice
Product Reviews	External	Passing Juice


SEO Keywords

	Keywords Cloud	
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
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Usability

	Url	Domain : spts.org Length : 8
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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 : 26 Warnings : 1
	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. Perfect. No inline css has been found in HTML tags! 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. http://spts.org/sitemap.xml https://spts.cc/sitemap_index.xml
	Robots.txt	http://spts.org/robots.txt Great, your website has a robots.txt file.
	Analytics	Missing We didn't detect an analytics tool installed on this website. 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.