



# Website Analysis: fitfit.ru

Generated on June 24 2025 00:41 AM



The score is 44/100







## SEO Content

	Title	Весь фитнес! Журнал, маркет, адреса фитнес-клубов!									
		Length : 50									
		Perfect, your title contains between 10 and 70 characters.									
	Description	Length : 0									
		Very bad. We haven't found meta description on your page. Use <a href="#">this free online meta tags generator</a> to create description.									
	Keywords	Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.									
	Og Meta Properties	Good, your page take advantage of Og Properties.									
		<table><tr><th>Property</th><th>Content</th></tr><tr><td>site_name</td><td>FitFit.ru</td></tr></table>						Property	Content	site_name	FitFit.ru
Property	Content										
site_name	FitFit.ru										
	Headings	H1 1	H2 2	H3 0	H4 0	H5 0	H6 0				
		<ul style="list-style-type: none"><li>• [H1] ФитФит</li><li>• [H2] Последние статьи</li><li>• [H2] Популярные статьи</li></ul>									
	Images	We found 36 images on this web page.									
		34 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 : 15%									
		Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.									
	Flash	Perfect, no Flash content has been detected on this page.									

## SEO Content

		
	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 31 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 6.45% Internal Links 93.55%

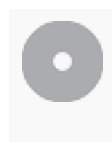
## In-page links

Anchor	Type	Juice
<a href="#">Журнал</a>	Internal	Passing Juice
<a href="#">Навигатор</a>	Internal	Passing Juice
<a href="#">Диета и похудение</a>	Internal	Passing Juice
<a href="#">Фитнес</a>	Internal	Passing Juice
<a href="#">Здоровое питание</a>	Internal	Passing Juice
<a href="#">Упражнения</a>	Internal	Passing Juice
<a href="#">Спортивное питание</a>	Internal	Passing Juice
<a href="#">Мотивация</a>	Internal	Passing Juice
<a href="#">Направления</a>	Internal	Passing Juice
<a href="#">Красота и здоровье</a>	Internal	Passing Juice

## In-page links

<a href="#">Тренажёры</a>	Internal	Passing Juice
<a href="#">Советы</a>	Internal	Passing Juice
<a href="#">букмекерские конторы</a>	External	Passing Juice
<a href="#">ставки на спорт</a>	External	Passing Juice
<a href="#">Грелки и теплое белье</a>	Internal	Passing Juice
<a href="#">Детское</a>	Internal	Passing Juice
<a href="#">Для ног, педикюр</a>	Internal	Passing Juice
<a href="#">Для рук</a>	Internal	Passing Juice
<a href="#">Домашние приборы</a>	Internal	Passing Juice
<a href="#">Корсеты ортопедические</a>	Internal	Passing Juice
<a href="#">Косметика и гигиена</a>	Internal	Passing Juice
<a href="#">Массаж</a>	Internal	Passing Juice
<a href="#">Массажеры и миостимуляторы</a>	Internal	Passing Juice
<a href="#">Матрасы и подушки</a>	Internal	Passing Juice
<a href="#">Приготовление еды</a>	Internal	Passing Juice
<a href="#">Спортивные тренажеры</a>	Internal	Passing Juice
<a href="#">Стройная фигура</a>	Internal	Passing Juice
<a href="#">Уход за лицом и волосами</a>	Internal	Passing Juice
<a href="#">Физиотерапия</a>	Internal	Passing Juice
<a href="#">Фиксаторы суставов</a>	Internal	Passing Juice
<a href="#">Фитнес для дома</a>	Internal	Passing Juice

## SEO Keywords








Keywords Cloud

даже ЧТО для дома все при Как  
фитнес питание упражнений






## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
что	5	✖	✖	✖	✖
для	4	✖	✖	✖	✖
фитнес	4	✔	✖	✖	✖
как	4	✖	✖	✖	✖
при	3	✖	✖	✖	✖


## Usability

	Url	Domain : fitfit.ru Length : 9
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	You have not specified the language. Use <a href="#">this free meta tags generator</a> to declare the intended language of your website.
	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 : 35 Warnings : 10
	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.






## Document

	Speed Tips	✓ Excellent, your website doesn't use nested tables.
		✗ Too bad, your website is using inline styles.
		✓ Great, your website has few CSS files.
		✓ Perfect, your website has few JavaScript files.
		✗ Too bad, your website does not take advantage of gzip.

## Mobile

	Mobile Optimization	✗ Apple Icon
		✓ Meta Viewport Tag
		✓ Flash content

## Optimization

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