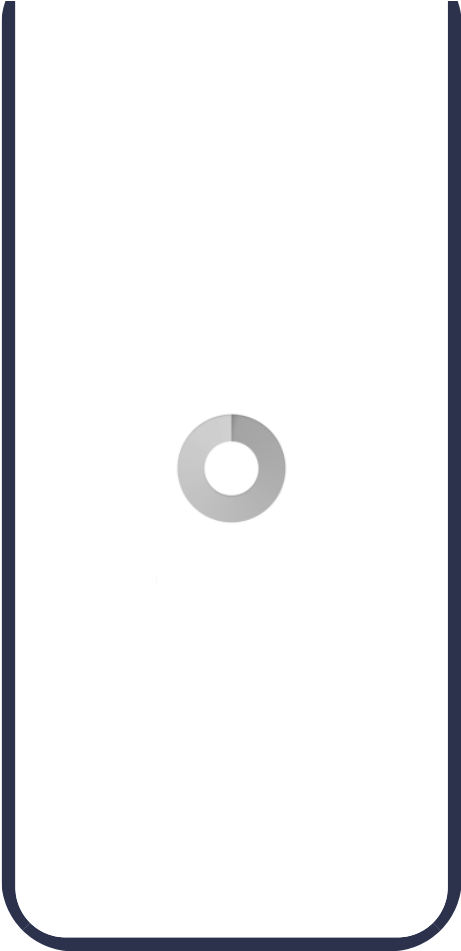


Mobile Snapshot



Basic SEO

The **SEO title** is set and is **58** characters long. >

The **meta description** is set and is **141** characters long. >

No keywords were found in the page title. ^

Description: pn, classes, practice, video

You need to use titles and descriptions that are attractive to users and contain your keywords. Use the keywords naturally - keyword stuffing is usually detected and will result in a lower ranking. What's more, it's pretty off-putting for potential readers, who are more likely to click on an appealing link.

No H1 tag was found. For the best **SEO** results there should be exactly one **H1 tag** on each page. ^

WordPress sites usually insert the page or post title as an H1 tag (although custom themes can change this behavior).

Ensure your most important keywords appear in the H1 tag - don't force it, use them in a natural way that makes sense to human readers.

Because your headline plays a large role in reader engagement, it's worth spending extra time perfecting it. Many top copywriters spend hours getting their headlines just right - sometimes they spend longer on the headline than the rest of the article!

A good headline stimulates reader interest and offers a compelling reason to read your content. It promises a believable benefit.

You should write as if your readers are selfish people with short attention spans (because that describes a large percentage of the world's population). Readers visit websites for selfish reasons - they're not there to make you happy.

H2 tags were found on the page. >

Some images on the page have no alt attribute. (3) ^

URL

https://www.facebook.com/tr?id=981981835874008&ev=PageView&noscript=1

/assets/images/iso.jpeg

/assets/images/offer.jpg?180299959

Make sure every image has an alt tag, and add useful descriptions to each image. Add your keywords or synonyms - but do it in a natural way.

The page has a correct number of internal and external links. >

Advanced SEO

No canonical link tag found on the page. >

The page does not contain any noindex header or meta tag.

The www and non-www versions of the URL are not redirected to the same site.

Decide whether you want your site's URLs to include a "www", or if you prefer a plain domain name. There are marketing pros and cons for each choice, but neither one is better or worse for SEO purposes - as long as you're consistent.

You should use HTTP redirections (301 permanant redirects) to pass PageRank from the "wrong" URLs to the standard (canonical) ones. That way, your content will still benefit from backlinks if someone makes a mistake and uses the wrong URL.

The site has a robots.txt file.

Some Open Graph meta tags are missing.

og:title
og:type
og:image
og:url

Insert a customized Open Graph meta tag for each important page on your site. The standard is very well documented - you can learn more from Facebook's developer pages.

AIOSEO provides a simple but powerful interface to craft your Open Graph data. You get immediate feedback with an interactive preview, and you don't have to mess around with raw HTML markup.

No Schema.org data was found on your page.

AIOSEO makes it extremely easy to add highly relevant Schema.org markup to your site. It has a simple graphical interface, so you don't have to get your hands dirty with complex HTML markup.

Performance

The server is using "expires" headers for the images.

Some Javascript files don't seem to be minified.

https://embed.tawk.to/60bdcec54ae6dd0abe7cd8c5/1f7imvdp2

JavaScript files appear in many places, including frameworks (like Bootstrap), themes and templates, and third-party plugins.

We recommend tracking down where the un-minified JavaScript files come from.

There are server-side tools (including WordPress plugins) to automatically minify JavaScript files.

Some CSS files don't seem to be minified.

https://fonts.googleapis.com/css2?family=EB+Garamond:ital,wght@0,400;0,500;0,600;0,700;1,400;1,500;1,600;1,700&subset=latin,latin-ext&display=block
https://www.winrn.org/assets/css/app.css
https://www.winrn.org/assets/css/style_new.css

CSS files appear in many places, including frameworks (like Bootstrap), themes and templates, and third-party plugins.

We recommend tracking down where the un-minified CSS files come from.

There are server-side tools (including WordPress plugins) to automatically minify CSS files.

The page makes 41 requests. More than 20 requests can result in slow page loading.



Images: 26

JavaScript: 12

CSS: 3

Try to replace embedded objects with HTML5 alternatives.

The size of the HTML document is 128 Kb. This is over our recommendation of 50 Kb.



In order to reduce page size, remove any unnecessary tags from your markup. This includes developer comments, which are invisible to your users - search engines ignore the text in comments, too.

Sometimes inline CSS is a culprit. A little inline CSS can help your page render faster. Too much will bloat the HTML file and increase the page loading time.

You can reduce CSS repetition with HTML class and ID attributes. Often the same rules will be repeated across many page elements, embedded in each tag's "style" attribute. You can extract them into a single "style" tag and use classes and ID's to target each element.

Removing white space can also have an impact on your HTML page's size. White space characters like carriage returns and tabs are ignored by the browser, but they make the markup easier for developers to read. So you should always strip them from your templates or themes before you use them in a production environment.

The response time is under 0.2 seconds.



Security

Directory Listing seems to be disabled on the server.



Google has not flagged this site for malware.



The site is using a secure transfer protocol (https).

