SeoSiteCheckup Report

Overall score for http://www.arualmr.com

Your Score is 52/100

17 Important Fixes2 Semi-Important Fixes30 Passed Checks

• Unresolved Checks

Title

The **<title>** tag is required in all HTML documents and it defines the title of the document. This tag displays the page title in browsers toolbar and in the search-engine results (SERPs). It also provides a title for the page when it is added to favorites. A descriptive **<title>** tag is important in helping search engines determine your web page's relevancy for certain keywords.

The title of your page have a length of 5 characters. Most search engines will truncate titles to 70 characters.

ARUAL

Description

The meta description tag is meant to be a short and accurate summary of your page content. This description can affect your search engine rankings and can also show up directly in search engine results (and affect whether or not the user clicks through to your site).

The meta-description tag is missing from your page. You should include this tag in order to provide a brief description of your page which can be used by search engines or directories.

HOW TO FIX

In order to pass this test you must include a meta-description tag in your page header (**<head>** section):

<head>
 <meta name="description" content="type_here_your_description">
 </head>

Note that in HTML the <meta> tag has no end tag but in XHTML this tag must be properly closed. Meta description can have any length but a good practice is to keep this up to 160 characters (search engines generally truncate snippets longer than this value).

Most Common Keywords Test

Check the most common keywords & their usage (number of times used) on your web page.

It appears that you can further optimize the density of your keywords above. Various sources indicate that a safe keyword density should range between 2-4% for your targeted keywords.

centro - 3 times - 6%

medicina - 2 times - 4%

entrenamiento - 2 times - 4%

página - 2 times - 4%

arual - 2 times - 4%

HOW TO FIX

In order to pass this test, you must optimize the density of your primary keywords displayed above.

If the density of a specific keyword is below 2% you must increase it and if the density is over 4% you must decrease it.

Keyword Usage

This describes if your most common keywords are used in your page title and meta-description.

Your most common keywords are not appearing in one or more of the meta-tags above. Your primary keywords should appear in your meta-tags to help identify the topic of your webpage to search engines.

Keyword(s) included in Meta-Title Tag

Keyword(s) not included in Meta-Description

HOW TO FIX

First of all, you must make sure that your page is using the title, meta-description and metakeywords tags.

Second, you must adjust these tags content in order to include some of the primary keywords displayed above.

<h1> Headings Status

This indicates if any H1 headings are used in your page. H1 headings are HTML tags than can help emphasize important topics and keywords within a page.

Your page does not contain any H1 headings. H1 headings help indicate the important topics of your page to search engines. While less important than good meta-titles and descriptions, H1 headings may still help define the topic of your page to search engines.

HOW TO FIX

In order to pass this test you must indentify the most important topics from your page and insert those topics between <h1>...</h1> tags.

Example:

```
<h1>Important topic goes here</h1>...
<h1>Another topic</h1>
```

<h2> Headings Status

This indicates if any H2 headings are used in your page. H2 headings can be helpful for describing the sub-topics of a page.

Your page does not contain any H2 headings. H2 headings help describe the sub-topics of your webpage to search engines. While less important than good meta-titles and descriptions, H1 and H2 headings may still help define the topics of your page to search engines.

HOW TO FIX

In order to pass this test you must indentify the most important sub-topics from your page and insert those sub-topics between h2>...</h2> tags.

Example:

```
<h2>First sub-topic goes here</h2>
...
<h2>Another sub-topic</h2>
```

Robots.txt Test

Search engines send out tiny programs called spiders or robots to search your site and bring information back so that your pages can be indexed in the search results and found by web users. If there are files and directories you do not want indexed by search engines, you can use the "robots.txt" file to define where the robots should not go.

These files are very simple text files that are placed on the root folder of your website: www.yourwebsite.com/robots.txt.

There are two important considerations when using "robots.txt":

- the "robots.txt" file is a publicly available file, so anyone can see what sections of your server you don't want robots to use:
- robots can ignore your "robots.txt", especially malware robots that scan the web for security vulnerabilities:

Congratulations, your site uses a "robots.txt" file and the URL is: http://www.ARUALMR.COM/robots.txt

. You may want to use Google's robots.txt analysis tool to check that you are using valid syntax and confirm the directories that you are allowing/blocking for robots.

Sitemap Test

This test check if your website is using a "sitemap" file: sitemap.xml, sitemap.xml.gz or sitemapindex.xml.

Sitemaps are an easy way for webmasters to inform search engines about pages on their sites that are available for crawling. In its simplest form, a sitemap is an XML file that lists URLs for a site along with additional metadata about each URL (when it was last updated, how often it usually changes, and how important it is, relative to other URLs in the site) so that search engines can more intelligently crawl the site.

Congratulations! Your site has a "sitemap" file and the URL is http://www.arualmr.com/sitemap.xml. You may want to confirm that you've submitted your sitemap to Google and that it is correctly formatted.

Favicon Test and Validator

Check if your site is using and correctly implementing a favicon.

Favicons are small icons that appear in your browser's URL navigation bar. They are also saved next to your URL's title when bookmarking that page. They can help brand your site and make it easy for users to navigate to your site among a list of bookmarks.

Image type unknown

Fayi Congratulations hypurcwebsite appears to have a favicon.

Page Objects

Check the full list of objects requested by your page.

Total objects: 31; Html pages: 1; Images: 14; Css files: 7; Scripts: 9; Video files: 0;

Your page has more than 20 http requests, which can slow down page loading. You can try reducing http requests through various methods such as using text instead of images, using css sprites, using data URIs instead of images, or combining several external files together into one.

Html files

CSS files

http://www.arualmr.com/css/reset.css

http://www.arualmr.com/css/animate.css

http://www.arualmr.com/css/camera.css

http://fonts.googleapis.com/css?family=Condiment

http://fonts.googleapis.com/css?family=Oxygen

http://maxcdn.bootstrapcdn.com/bootstrap/3.2.0/css/bootstrap.min.css

http://www.arualmr.com/css/style.css

Scripts

http://www.arualmr.com/js/jquery-1.7.min.js

http://www.arualmr.com/js/jquery.easing.1.3.js

http://www.arualmr.com/js/camera.js

http://maxcdn.bootstrapcdn.com/bootstrap/3.2.0/js/bootstrap.min.js

http://stats.hosting24.com/count.php

http://ajax.googleapis.com/ajax/libs/jquery/1.8.3/jquery.min.js

http://stats.hosting24.com/popup/popup.js

http://creative.xtendmedia.com/matomy/cf...=1&period=24hour&close=1&openNewTab=true

http://creative.ad123m.com/matomy/scripts/popunder/popunder.js

Images

http://www.arualmr.com/images/main.jpg

http://www.arualmr.com/images/Imagen1.png

http://www.arualmr.com/images/FCCS.png

http://www.arualmr.com/images/aha_logo4.png

http://www.arualmr.com/images/nav.jpg

http://www.arualmr.com/images/current.jpg

http://www.arualmr.com/images/home-page-img.png

http://www.arualmr.com/images/transp.png

http://www.arualmr.com/images/icon-3.png

http://www.arualmr.com/images/icon-2.png

http://www.arualmr.com/images/icon-1.png

http://www.arualmr.com/images/Angeles%20Lomas.gif

http://www.hostinger.co.uk/banners/en/hostinger-600x400-2.gif

http://stats.hosting24.com/popup/bg_popup.png

Code To Text Ratio

Check your webpage source code in order to measure the size of text content compared to the structure (HTML code). This percent is not a direct ranking factor for search engines but there are other factors that depend on it such as site loading speed and user experience.

Your page size (source code) is **8.98 Kb** and your content text size is **0.50 Kb**. Your content text represents **5.57%** from your webpage source code. This is a low ratio and you might need to add more content!

HOW TO FIX

In order to pass this test you must increse your text to HTML code ratio. Here are some tehniques:

- move all inline styling rules into a external CSS file
- move your JavaScript code into a external JS file

• use CSS layout instead of HTML tables

URL SEO Friendly Test

Check if your website URL and all links from inside are SEO friendly

The URL and all links inside this page are SEO friendly

Broken Links Test

Check your website for broken links

From 1 distinct anchor links analyzed, none of them appears to be broken.

Google Analytics Test

Check if your website is connected with google analytics

Your website does not include Google Analytics tracker script or this script is not properly installed. You are advised to use Google Analytics (and properly install the tracker script) in order to get detailed statistics about your website's traffic and traffic sources.

HOW TO FIX

In order to pass this test you must create an account on **Google Analytics site** and insert into your page a small javascript tracking code.

Example:

```
<!-- Google Analytics -->
<script>
(function(i,s,o,g,r,a,m){i['GoogleAnalyticsObject']=r;i[r]=i[r]||function(){
(i[r].q=i[r].q||[]).push(arguments)},i[r].l=1*new Date();a=s.createElement(o),
m=s.getElementsByTagName(o)[0];a.async=1;a.src=g;m.parentNode.insertBefore(a,m)
})(window,document,'script','/www.google-analytics.com/analytics.js','ga');
ga('create', 'UA-XXXX-Y', 'auto');
ga('send', 'pageview');
</script>
<!-- End Google Analytics -->
```

Note that you have to change the 'UA-XXXX-Y' with the proper id which you'll find into your analytics account.

Underscores in Links Test

Check your URL and in-page URLs for underscore characters. The general advise is to use hyphens or dashes (-) rather than underscores (_). Google treats hyphens as separators between words in a URL – unlike underscores.

We have found underscores in 1 links!

http://www.arualmr.com/images/aha_logo4.png

HOW TO FIX

If your website is new and is not indexed by search engines you can replace underscores with hyphens or redirect those links to URLs that use hyphens. BUT, if your website is ranked well by search engines you do not need to do this (probably you have other ranking factors working very well).

The general advice remains: build links that contain hyphens rather than underscores.

Image Alt Test

Check all images from your webpage for alt attributes.

If an image cannot be displayed (wrong src, slow connection, etc), the alt attribute provides alternative information. Using keywords and human-readable captions in the alt attributes is a good SEO practice because search engines cannot realy see the images. For images with a decorative role (bullets, round corners, etc) you are advised to use an empty alt or a CSS background image.

Your webpage has 5 'img' tags and 1 of them has the required 'alt' attribute.

HOW TO FIX

In order to pass this test you must add an **alt** attribute to every **** tag used into your webpage. An image with an alternate text specified is inserted using the following HTML line:

```
<img src="image.png" alt="text_to_describe_your_image">
```

Remember that the point of alt text is to provide the same functional information that a visual user would see.

Learn more about optimizing images for SEO.

Inline CSS Test

Check your webpage HTML tags for inline CSS properties.

An inline CSS property is added by using the style attribute for a specific tag. By mixing content with presentation you might lose some advantages of the style sheets. Is a good practice to move all the inlines CSS rules into an external file in order to make your page "lighter" in weight and decreasing the code to text ratio.

Your webpage is using 16 inline CSS styles!

HOW TO FIX

Is a good practice to move all the inlines CSS rules into an external file in order to make your page "lighter" in weight and decreasing the code to text ratio.

- check the HTML code of your page and identify all style attribute
- for each style attribute found you must proper move all declarations in the external CSS file and remove the style attribute

For example:

```
<!--this HTML code with inline CSS rule:-->
some text here
<!--would became:-->
```

```
some text here
<!--and the rule added into your CSS file:-->
p{color:red; font-size: 12px}
```

Media Print Test

Check if your webpage is using media print CSS property for custom printability.

Congratulations! Your webpage is using media print rule for custom printability.

Google Preview

This allows you to see how your webpage might look into a Google search results page. A Google search result use your webpage title, url and meta-description in order to display the information. If these elements are too long, Google will truncate their content. You are advised to set your webpage title up to 70 characters and your webpage description up to 160 characters.

ARUAL

http://www.arualmr.com/

Keywords Cloud

The Keyword Cloud is a visual representation of keywords used on your website. This will show you which words are frequently used in the content of your webpage. Keywords having higher density are presented in larger fonts and displayed in alphabetic order.

abrir apropiadamente arual Centro cerrar chrome close contacto cursos detectamos diseñada enseñanza entrenamiento esta estimado está explorer firefox google inscripción internacional internacional internet investigacion medicina navigation opera para puede página que quienes reanimacion reanimación safari somos toggle trabajar tratando usuario visualice Ésta ésta

Deprecated HTML Tags

Check if your webpage is using old, deprecated HTML tags. These tags will eventually lose browser support and your web pages will render differently. Check this list with all HTML tags.

Congratulations! Your page does not use HTML deprecated tags.

HTML Page Size Test

Check your page's HTML size. HTML size is the size of all the HTML code on your web page - this size does not include images, external javascripts or external CSS files.

Congratulations! Your HTML size is **8.98 Kb** and this is under the average web page size of **33 Kb**. This leads to a faster page loading time than average.

HTML Compression/GZIP Test

Check if your page is correctly using HTML compression as it is sent from your server.

Your page do not use any HTML compression!

You should compress your HTML to reduce your page size and page loading times - this will help your site retain visitors and increase page views. If you were using compression, you could be compressing your HTML size by 63 % - from 8.98 Kb to 3.32 Kb which would further reduce your page loading time.

HOW TO FIX

Your two options for file compression are **Deflate** and **GZIP**.

- Deflate is an option which comes automatically with the Apache server and which is simple to set up.
- GZIP on the other hand needs to be installed and requires a bit more work to install. However, GZIP does achieve a higher compression rate and therefore might be a better choice if your website uses pages which have a lot of images or large file sizes.

Setting up file compression for your website will depend on which type of server you're using for your website. Most likely, you'll be using Apache, which means you can enable compression by adding a few deflate codes to your **.htaccess** file.

```
# compress text, html, javascript, css, xml:
AddOutputFilterByType DEFLATE text/plain
AddOutputFilterByType DEFLATE text/html
AddOutputFilterByType DEFLATE text/xml
AddOutputFilterByType DEFLATE text/css
AddOutputFilterByType DEFLATE application/xml
AddOutputFilterByType DEFLATE application/xhtml+xml
AddOutputFilterByType DEFLATE application/rss+xml
AddOutputFilterByType DEFLATE application/javascript
AddOutputFilterByType DEFLATE application/x-javascript
```

For more advanced information regarding deflate you can check this Apache documentation.

Page Cache Test

Check if your site is serving cached pages. Caches reduce server-load (since pages are generated less often) and speeds up page display (by caching page ouput vs compiling the php-page). Caches also reduces bandwidth requirements by up to 80%. Caching makes most sense for high traffic pages whose content does not change on every page view. Common caching methods are Quickcache and jpcache.

It does not appear that you are caching your pages. Cached pages serve up static html and avoid potentially time consuming queries to your database. It also helps lower server load by up to 80%. Caching most visibly benefits high traffic pages that access a database, but whose content does not change on every page view. Common caching methods include Alternative PHP Cache, Quickcache, and jpcache. Caching mechanisms also typically compress HTML, further reducing page size and load time.

HOW TO FIX

In order to pass this test you are advised to use a caching mechanism for your pages. There are

three methods which can be used to caching your web pages:

1 Alternative PHP caching

- Alternative PHP Cache (APC) is an open source framework which caches data using intermediate PHP code. Most web programmers who are familiar with the PHP programming language can easily set up Alternative PHP Cache for your site.

2. Quickcache

- Quickcache is a lightweight page caching solution which was formerly known as **jpcache**. Quickcache caches the page output rather than compiling the PHP page, making it a superior version of page caching to the Alternative PHP caching. Quickcache can be quickly downloaded from their website and can reduce your page load time up to 80%.

3. WP Super Cache

- If you have a Wordpress website, **WP Super Cache** can be installed within seconds and without no programming knowledge.

Flash Test

Test if your website is using flash objects.

Your website does not include flash objects

Nested Tables Test

Check if your site is using nested tables, which can slow down page rendering in the user's browser.

Congratulations, your page does not use nested tables. This speeds up page loading time and optimizes the user experience.

Image Expires Tag Test

Checks if your page is using an image expires tag, which specifies a future expiration date for your images. Browsers will see this tag and caches the image in the user's browser until the specified date (so that it does not keep re-fetching the unchanged image from your server). This speeds up your site the next time that user visits your site and requires the same image.

Congratulations! Your webpage use 'Expires' header for your images and the browsers will display these images from the cache.

Doctype Test

Check for doctype declaration. A document type declaration, or DOCTYPE, defines which version of (X)HTML your webpage is actually using and this is essential to a proper rendering and functioning of web documents in compliant browsers.

Congratulations! Your webpage has a doctype declaration:

<!DOCTYPE html>

Frameset Test

Check if your website use frames. Frames are used by programmers to display a number of HTML documents at the same time. The user gets to see a complete web page, but visiting spiders just see a bunch of unrelated pages.

Congratulations! Your webpage does not use frames.

Site Loading Speed Test

It calculates the total load time of your site.

Your site loading time is around **0.737 seconds** and this is under the average loading speed which is **5 seconds**.

JS and CSS Minification Test

Check if your externals JS and CSS files are minified.

Minification is the process of removing all unnecessary characters from source code without changing its functionality. These unnecessary characters usually include white space characters, new line characters, comments, and sometimes block delimiters, which are used to add readability to the code but are not required for it to execute. Removing those characters and compacting files can save many bytes of data and speed up downloading, parsing, and execution time.

The compressed code may be harder to debug because it is bunched together, usually, on one line. This is why we always recommend keeping a backup copy of your JS or CSS script to use in times where debugging is required.

It's important to send as few bytes of CSS and JS markup down the wire as possible. It's not just about size, though, it's also about the number of requests to get the bits. In fact, that's often more of a problem then file size.

JS Minification Test

This checks if any of external javascript files used in your page is minified

You have more than one JS file. Try combining them into one in order to decrease the number of HTTP requests.

MINIFIED JS FILES:

http://www.arualmr.com/js/jquery-1.7.min.js

http://www.arualmr.com/js/jquery.easing.1.3.js

http://maxcdn.bootstrapcdn.com/bootstrap/3.2.0/js/bootstrap.min.js

http://stats.hosting24.com/count.php

http://ajax.googleapis.com/ajax/libs/jquery/1.8.3/jquery.min.js

http://stats.hosting24.com/popup/popup.js

http://creative.xtendmedia.com/matomy/cf...d=24hour&close=1&openNewTab=true

http://creative.ad123m.com/matomy/scripts/popunder/popunder.js

NOT MINIFIED JS FILES:

http://www.arualmr.com/js/camera.js

HOW TO FIX

In order to pass this test you must minify all of your external JavaScript files. For this task you can use an online JS minifier like **YUI Compressor**, **Closure Compiler** or **JSMin**.

CSS Minification Test

This checks if any of external css files used in your page is minified

You have more than one CSS file. Try combining them into one in order to decrease the number of HTTP requests.

MINIFIED CSS FILES:

http://www.arualmr.com/css/reset.css

http://maxcdn.bootstrapcdn.com/bootstrap/3.2.0/css/bootstrap.min.css

NOT MINIFIED CSS FILES:

http://www.arualmr.com/css/animate.css

http://www.arualmr.com/css/camera.css

http://fonts.googleapis.com/css?family=Condiment

http://fonts.googleapis.com/css?family=Oxygen

http://www.arualmr.com/css/style.css

HOW TO FIX

In order to pass this test you must minify all of your external CSS files. For this task you can use an online CSS minifier like **YUI Compressor** or **cssmin.js**.

URL Canonicalization Test

Test your site for potential URL canonicalization issues. Canonicalization describes how a site can use slightly different URLs for the same page (for example, if http://www.example.com and http://example.com displays the same page but do not resolve to the same URL). If this happens, search engines may be unsure as to which URL is the correct one to index. Learn more about canonicalization issues.

http://www.arualmr.com and http://arualmr.com should resolve to the same URL, but currently do not.

HOW TO FIX

In order to pass this test you must consider using a 301 re-write rule in your .htaccess file so that both addresses (http://example.com and http://www.example.com) resolve to the same URL.

- If you want to redirect http://www.example.com to http://example.com, you can use this:

```
RewriteCond %{HTTP_HOST} ^www\.example\.com$
RewriteRule ^/?$ "http\:\/\/example\.com\/" [R=301,L]
```

- If you want to redirect http://example.com to http://www.example.com, you can use this:

```
RewriteCond %{HTTP_HOST} !^www.example.com$ [NC]
RewriteRule ^(.*)$ http://www.example.com/$1 [L,R=301]
```

Note that you must put the above lines somewhere after RewriteEngine On line.

Directory Browsing Test

Check if your server allows directory browsing. If directory browsing is disabled, visitors will not be able to browse your directory by accessing the directory directly (if there is no index.html file). This will protect your files from being exposed to the public. Apache web server allows directory browsing by default. Disabling directory browsing is generally a good idea from a security standpoint.

Congratulations! Your server has disabled directory browsing.

Libwww-perl Access Test

Check if your server allows access from User-agent Libwww-perl. Botnet scripts that automatically look for vulnerabilities in your software are sometimes identified as User-Agent libwww-perl. By blocking access from libwww-perl you can eliminate many simpler attacks.

Your server appears to allow access from User-agent Libwww-perl. Botnet scripts that automatically look for vulnerabilities in your software are sometimes identified as User-Agent libwww-perl. By blocking access from libwww-perl you can eliminate many simpler attacks. Read more on blocking Libwww-perl access and improving your website's security.

HOW TO FIX

In order to pass this test you must block the libwww-perl user-agent in your .htaccess file. If your site is running on apache server, you could put these lines in your .htaccess after RewriteEngine on line:

RewriteCond %{HTTP_USER_AGENT} libwww-perl.*

Server Signature Test

Check if your server signature is on. Turning off your server signature is generally a good idea from a security standpoint.

Congratulations, your server signature is off.

Plaintext Emails Test

Check your webpage for plaintext email addresses. Any e-mail address posted in public is likely to be automatically collected by computer software used by bulk emailers (a process known as e-mail address harvesting). A spam harvester can read through the pages in your site and extract email addresses which are then added to bulk marketing databases and the result is more spam in your inbox.

Congratulations! Your webpage does not include email addresses in plaintext.

IP Canonicalization Test

Test your site for potential IP canonicalization issues. Canonicalization describes how a site can use slightly different URLs for the same page (for example, if your site[]s IP address and domain name display the same page but do not resolve to the same URL). If this happens, search engines may be unsure as to which URL is the correct one to index. Learn more about canonicalization issues.

Your site's IP 31.170.161.14 does not redirect to your site's domain name. This could cause duplicate content problems if a search engine indexes your site under both its IP and domain name.

HOW TO FIX

In order to pass this test you must consider using a 301 re-write rule in your **.htaccess** file so that your site's IP points to your domain name.

If your site is running on apache server, you could put these lines in your **.htaccess** after **RewriteEngine on** line:

```
RewriteCond %{HTTP_HOST} ^XXX\.XXX\.XXX\.XXX
RewriteRule (.*) http://www.yourdomain.com/$1 [R=301,L]
```

Note that you must proper format the first line using your IP (replace X characters with proper digits from your IP) and the second line using your domain name.

Safe Browsing Test

Check if your website is listed with malware or phishing activity.

This site is not currently listed as suspicious (no malware or phishing activity found).

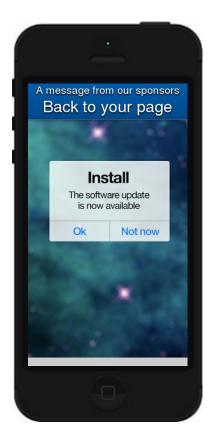
Media Query Responsive Test

Test if your website implements responsive design functionalities using media query technique

Congratulations, your website uses media query technique, which is the base for responsive design functionalities.

Mobile Snapshot

See how your website render on a mobile device.





Social Media Check

Test if your website connects to at least one of the most important social networks.

Your website is not connected with social media using the API's provided by Facebook, Google +, Twitter, Pinterest, or using addthis.com

HOW TO FIX

In order to pass this test you must connect your website with at least one major social network. To do that, you must insert into your page some social networks plugins: Facebook Like Button, Facebook Share Button, Facebook Comments, Twitter Button, Google +1 Button, Pinterest Button or AddThis Widget

Social Media Activity

Check the activity on social media networks of your website or URL. This activity is measured in total number of shares, likes, comments, tweets, plusOnes and pins and this activity covers only your URL and not social media accounts linked with your webpage.

Your website doesn't have any social media activity. Search engines are increasingly using social media activity to determine which pages are most relevant for keyword searches. In order to increase your page rank and to increase revenue generated through organic search you are adviced to increase your website social media engagement.

No Facebook activity!

No activity on Twitter!

No activity on GooglePlus!

No activity on Pinterest!

HOW TO FIX

In order to increase the social media activity for your site you are advised to use some social networks plugins within your page:

Facebook Like Button, Facebook Share Button, Facebook Comments, Twitter Button, Google +1 Button, Pinterest Button or AddThis Widget