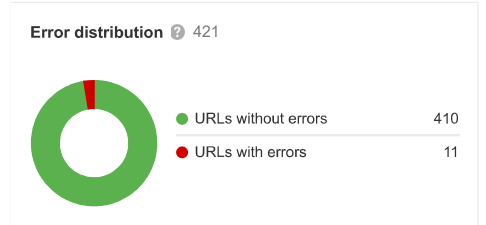
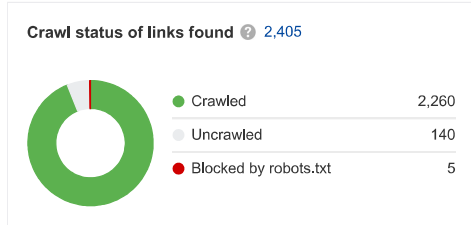
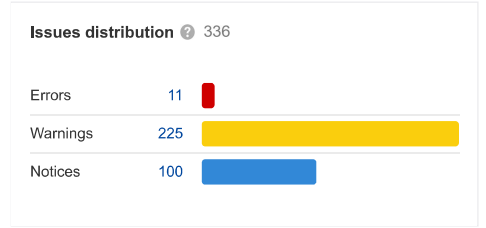
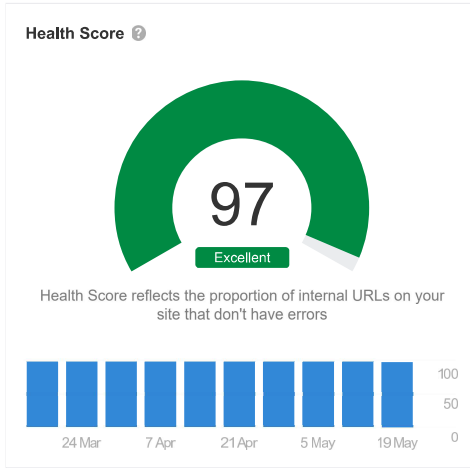
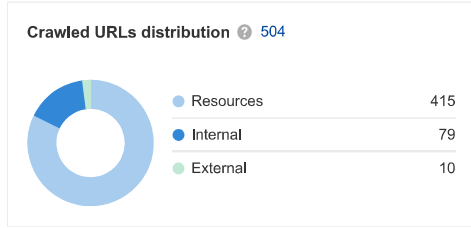


19 May 2024 Zingtruehealthclinic (zingtruehealthclinic.com/)

Overview [How to use](#)

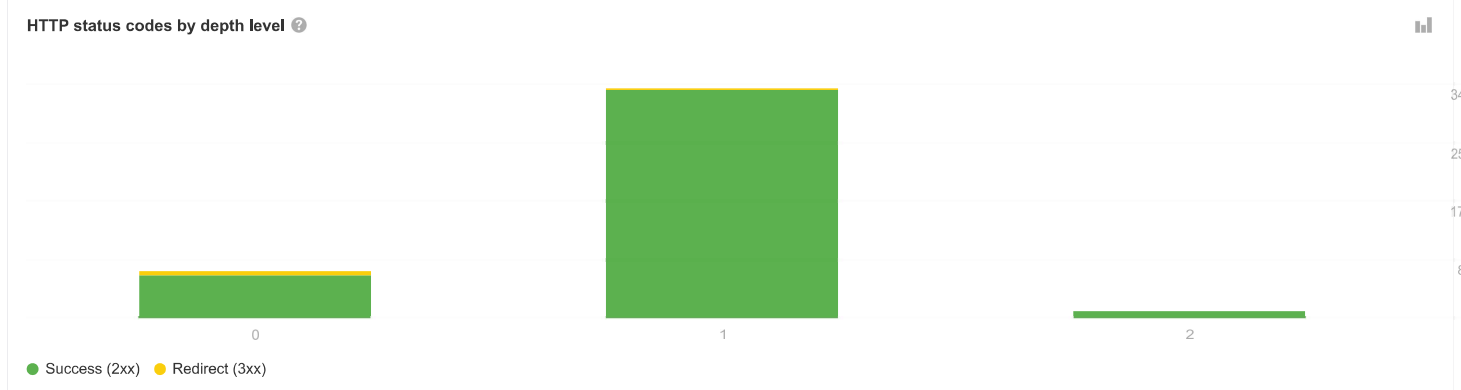
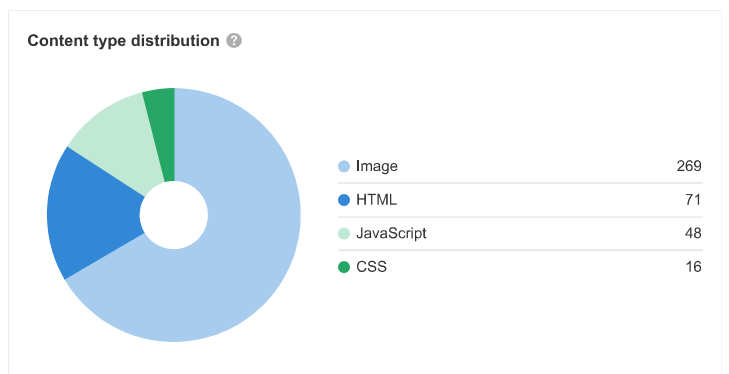
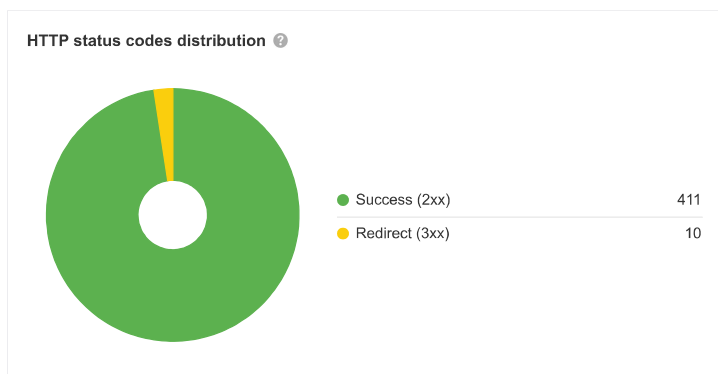


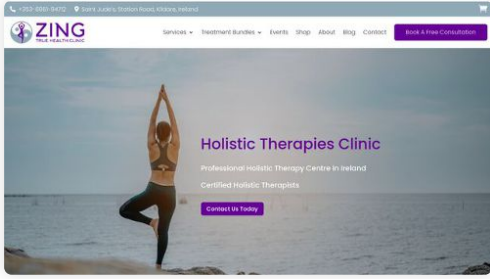
What's new [Top issues](#)

[Export all issues](#)

Issue	Crawled	Change	Added	New	Removed	Missing	
⚠ Page has no outgoing links	New 1	1 ▲	1	0	0	0	? ⋮
ⓘ H1 tag missing or empty	New 1	1 ▲	1	0	0	0	? ⋮
ⓘ Low word count	New 1	1 ▲	1	0	0	0	? ⋮
ⓘ Redirected page has no incoming internal links	New 1	1 ▲	1	0	0	0	? ⋮
ⓘ HTML lang attribute missing	New 1	1 ▲	1	0	0	0	? ⋮
ⓘ Not compressed	New 1	1 ▲	1	0	0	0	? ⋮
ⓘ Meta description tag missing or empty	1	1 ▲	1	0	0	0	? ⋮
ⓘ Open Graph tags missing	New 1	1 ▲	1	0	0	0	? ⋮
ⓘ Twitter card missing	New 1	1 ▲	1	0	0	0	? ⋮
ⓘ Indexable page not in sitemap	1	1 ▲	1	0	0	0	? ⋮

[View all issues](#)





Performance Report for: <https://zingtruehealthclinic.com/>

Report generated: Fri, May 24, 2024 1:23 PM +0100
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

A	Performance 100%	Structure 96%	L. Contentful Paint 464ms	T. Blocking Time 0ms	C. Layout Shift 0
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Top Issues

Med-Low	Use a Content Delivery Network (CDN)	14 resources found
Low	Allow back/forward cache restoration	1 failure reason
Low	Avoid an excessive DOM size TBT	648 elements
Low	Avoid enormous network payloads LCP	Total size was 1.03MB
Low	Properly size images	Potential savings of 173KB

Focus on these audits first

These audits likely have the largest impact on your page performance.

Structure audits do not directly affect your Performance Score, but improving the audits seen here can help as a starting point for overall performance gains.

Page Details



Total Page Size - 1.02MB



Total Page Requests - 27



HTML JS CSS IMG Video Font Other

How does this affect me?

Modern web users have a short attention span and expect a fast and seamless website experience. Delivering that fast experience can result in more traffic, more conversions, and more happiness.

As if you didn't need more incentive, **Google use Page Speed and Page Experience (including Web Vitals) signals in their ranking algorithm.**

About GTmetrix



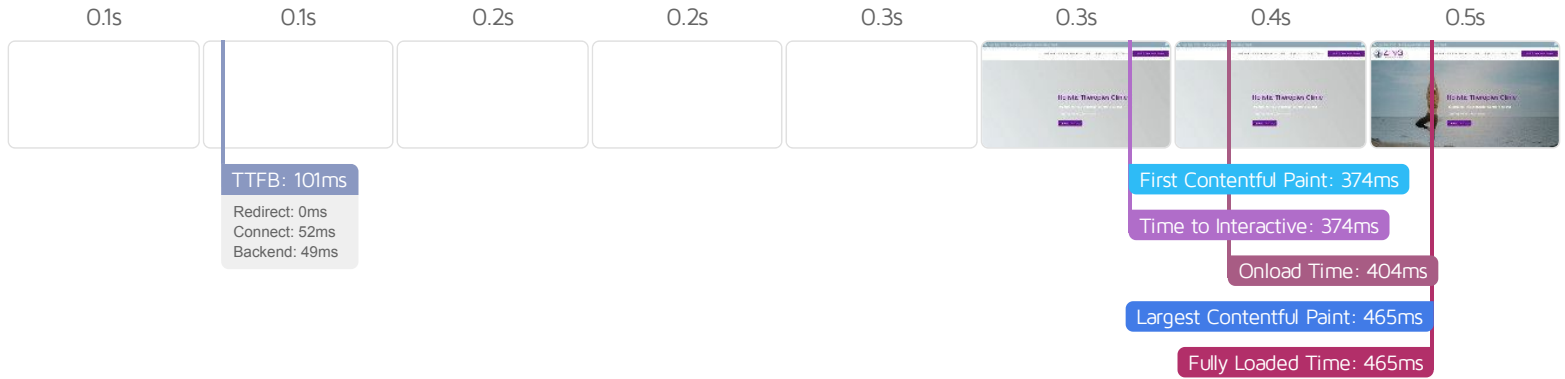
GTmetrix was developed as a tool for customers to easily test the performance of their webpages.

[Learn more about us.](#)

The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

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Performance Metrics

<p>First Contentful Paint</p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p>373ms</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p>373ms</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p>446ms</p>	<p>Total Blocking Time</p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p>0ms</p>
<p>Largest Contentful Paint</p> <p>How long it takes for the largest element of content (i.e., a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Good - Nothing to do here</p> <p>464ms</p>	<p>Cumulative Layout Shift</p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p>0</p>

Browser Timings

Redirect	0ms	Connect	52ms	Backend	49ms
TTFB	101ms	DOM Int.	293ms	DOM Loaded	298ms
First Paint	374ms	Onload	404ms	Fully Loaded	465ms

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	14 resources found
Low	Allow back/forward cache restoration	1 failure reason
Low	Avoid an excessive DOM size <small>TBT</small>	648 elements
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 1.03MB
Low	Properly size images	Potential savings of 173KB
Low	Avoid long main-thread tasks <small>TBT</small>	1 long task found
Low	Reduce unused CSS <small>FCP LCP</small>	Potential savings of 47.4KB
Low	Serve images in next-gen formats	Potential savings of 160KB
Low	Defer offscreen images	Potential savings of 41.1KB
N/A	Largest Contentful Paint element <small>LCP</small>	460 ms
N/A	Reduce JavaScript execution time <small>TBT</small>	34ms spent executing JavaScript
N/A	Reduce initial server response time <small>FCP LCP</small>	Root document took 49ms
N/A	Minimize main-thread work <small>TBT</small>	Main-thread busy for 253ms
N/A	Reduce the impact of third-party code <small>TBT</small>	Total size was 90.7KB
N/A	Avoid chaining critical requests <small>FCP LCP</small>	
N/A	Eliminate render-blocking resources <small>FCP LCP</small>	
N/A	Avoid serving legacy JavaScript to modern browsers <small>TBT</small>	
N/A	Avoid large layout shifts <small>CLS</small>	
N/A	User Timing marks and measures	