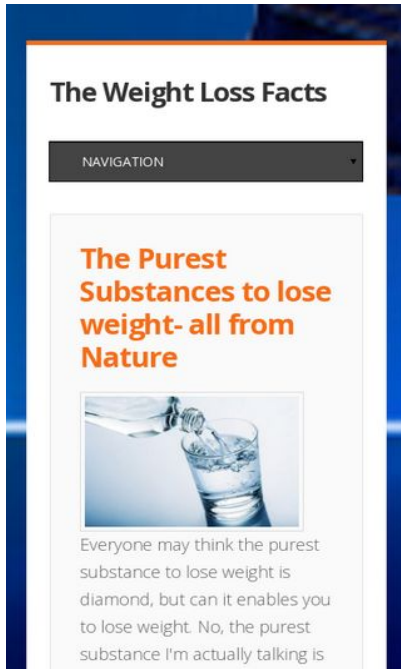


PageSpeed Insights

Mobile



58 / 100 Speed

! Should Fix:

Eliminate render-blocking JavaScript and CSS in above-the-fold content

Your page has 2 blocking script resources and 8 blocking CSS resources. This causes a delay in rendering your page.

None of the above-the-fold content on your page could be rendered without waiting for the following resources to load. Try to defer or asynchronously load blocking resources, or inline the critical portions of those resources directly in the HTML.

[Remove render-blocking JavaScript:](#)

- <http://besthowtolosebellyfat.com/wp-includes/js/jquery/jquery.js?ver=1.12.4>
- <http://besthowtolosebellyfat.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>

[Optimize CSS Delivery](#) of the following:

- <http://besthowtolosebellyfat.com/wp->

Mobile

content/themes/biscayalite/css/bootstrap.min.css?ver=3.0.3

- <http://besthowtolosebellyfat.com/wp-content/themes/biscayalite/css/font-awesome.css?ver=4.0.3>
- <http://besthowtolosebellyfat.com/wp-content/themes/biscayalite/css/animate.css?ver=3.0.0>
- <http://besthowtolosebellyfat.com/wp-content/themes/biscayalite/style.css?ver=4.9.8>
- <http://besthowtolosebellyfat.com/wp-content/themes/biscayalite/css/skins/orange.css?ver=1.0>
- <https://fonts.googleapis.com/css?family=Open+Sans%3A300italic%2C400italic%2C700italic%2C400%2C700%2C300&ver=4.9.8>
- <http://besthowtolosebellyfat.com/wp-content/plugins/super-socializer/css/front.css?ver=7.12>
- <http://besthowtolosebellyfat.com/wp-content/plugins/super-socializer/css/share-svg.css?ver=7.12>

Optimize images

Properly formatting and compressing images can save many bytes of data.

[Optimize the following images](#) to reduce their size by 342.6KiB (31% reduction).

- Compressing and resizing http://besthowtolosebellyfat.com/wp-content/uploads/2017/11/salmon-1485014_1920-1024x683.jpg could save 109.9KiB (97% reduction).
- Compressing <http://besthowtolosebellyfat.com/wp-content/uploads/2018/08/my-website-background.jpg> could save 106.7KiB (13% reduction).
- Compressing and resizing http://besthowtolosebellyfat.com/wp-content/uploads/2017/11/belly-2473_1920-1024x683.jpg could save 94.4KiB (97% reduction).
- Compressing and resizing <http://besthowtolosebellyfat.com/wp-content/uploads/2017/11/s-l500.jpg> could save 30.7KiB (94% reduction).
- Compressing <http://besthowtolosebellyfat.com/wp-content/themes/biscayalite/img/part-btn-search.png> could save 896B (66% reduction).

Mobile

Consider Fixing:

Leverage browser caching

Setting an expiry date or a maximum age in the HTTP headers for static resources instructs the browser to load previously downloaded resources from local disk rather than over the network.

[Leverage browser caching](#) for the following cacheable resources:

- http://connect.facebook.net/en_US/sdk.js (20 minutes)
- <https://www.google-analytics.com/analytics.js> (2 hours)

Reduce server response time

In our test, your server responded in 0.68 seconds.

There are many factors that can slow down your server response time. [Please read our recommendations](#) to learn how you can monitor and measure where your server is spending the most time.

Minify CSS

Compacting CSS code can save many bytes of data and speed up download and parse times.

[Minify CSS](#) for the following resources to reduce their size by 3.7KiB (20% reduction).

- Minifying <http://besthowtolosebellyfat.com/wp-content/themes/biscayalite/css/animate.css?ver=3.0.0> could save 2.2KiB (28% reduction) after compression.
- Minifying <http://besthowtolosebellyfat.com/wp-content/themes/biscayalite/style.css?ver=4.9.8> could save 1.6KiB (15% reduction) after compression.

Minify JavaScript

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- Minifying <http://besthowtolosebellyfat.com/wp-content/themes/biscayalite/js/bootstrap.js?ver=3.3.5> could save 1.2KiB (12% reduction) after compression.
- Minifying <http://besthowtolosebellyfat.com/wp-content/themes/biscayalite/js/jquery.easing.1.3.js?ver=4.9.8> could save 1.1KiB (58% reduction) after compression.
- Minifying <http://besthowtolosebellyfat.com/wp-content/themes/biscayalite/js/common.js?ver=4.9.8> could save 243B (27% reduction) after compression.



4 Passed Rules

Avoid landing page redirects

Your page has no redirects. Learn more about [avoiding landing page redirects](#).

Enable compression

You have compression enabled. Learn more about [enabling compression](#).

Minify HTML

Your HTML is minified. Learn more about [minifying HTML](#).

Prioritize visible content

You have the above-the-fold content properly prioritized. Learn more about [prioritizing visible content](#).

99 / 100 User Experience

Consider Fixing:

Size tap targets appropriately

Some of the links/buttons on your webpage may be too small for a user to easily tap on a touchscreen. Consider [making these tap targets larger](#) to provide a better user experience.

The following tap targets are close to other nearby tap targets and may need additional spacing around them.

- The tap target `Best Indoor Cy...d for the ride` and 9 others are close to other tap targets.

4 Passed Rules

Avoid plugins

Your page does not appear to use plugins, which would prevent content from being usable on many platforms. Learn more about the importance of [avoiding plugins](#).

Configure the viewport

Your page specifies a viewport matching the device's size, which allows it to render properly on all devices. Learn more about [configuring viewports](#).

Mobile

Size content to viewport

The contents of your page fit within the viewport. Learn more about [sizing content to the viewport](#).

Use legible font sizes

The text on your page is legible. Learn more about [using legible font sizes](#).

Desktop



68 / 100 Speed

Should Fix:

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Reduce server response time

In our test, your server responded in 0.45 seconds.

There are many factors that can slow down your server response time. [Please read our recommendations](#) to learn how you can monitor and measure where your server is spending the most time.

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Desktop

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- <https://fonts.googleapis.com/css?family=Open+Sans%3A300italic%2C400italic%2C700italic%2C400%2C700%2C300&ver=4.9.8>
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