

Telefon

Alexander Oulton

MENU

## Indulge Diet and Fitness in Routine Life – Alexander Oulton



Every one of us loves to live fully and freely without any stress in his/her life and to adopt such life style one needs to be physically fit. [Alexander Oulton](#) is here with easy to carry out tips that one needs to follow in their day to day life without having any break.

**65 / 100** Shpejtësia

**!** Duhet përmirësuar:

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

Your page has 6 blocking script resources and 7 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://www.alexanderoulton.info/wp-includes/js/jquery/jquery.js?ver=1.12.4>
- <http://www.alexanderoulton.info/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>
- <http://www.alexanderoulton.info/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.1.1>
- <http://www.alexanderoulton.info/wp-content/themes/twenty-sixteen/js/skip-link-focus->

## Telefon

fix.js?ver=20160816

- <http://www.alexanderoulton.info/wp-content/themes/twenty十六/js/functions.js?ver=20181230>
- <http://www.alexanderoulton.info/wp-includes/js/wp-embed.min.js?ver=5.1.1>

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

- <http://www.alexanderoulton.info/wp-includes/css/dist/block-library/style.min.css?ver=5.1.1>
- <http://www.alexanderoulton.info/wp-includes/css/dist/block-library/theme.min.css?ver=5.1.1>
- <http://www.alexanderoulton.info/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.1.1>
- <https://fonts.googleapis.com/css?family=Merriweather%3A400%2C700%2C900%2C400italic%2C700italic%2C900italic%7CMontserrat%3A400%2C700%7CInconsolata%3A400&subset=atin%2Clatin-ext>
- <http://www.alexanderoulton.info/wp-content/themes/twenty十六/genericons/genericons.css?ver=3.4.1>
- <http://www.alexanderoulton.info/wp-content/themes/twenty十六/style.css?ver=5.1.1>
- <http://www.alexanderoulton.info/wp-content/themes/twenty十六/css/blocks.css?ver=20181230>

 Përmiresim për tu konsideruar:

## 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://www.alexanderoulton.info/wp-content/uploads/2019/03/gettyimages-925089548-1024x683.jpg> (expiration not specified)
- <http://www.alexanderoulton.info/wp-content/uploads/2019/05/Candid-Tips-for-Perusing-a-Successful-Modeling-Career-2-1024x578.jpg> (expiration not specified)
- <http://www.alexanderoulton.info/wp-content/uploads/2019/06/Indulge-Diet-and-Fitness-in-Routine-Life-%E2%80%93-Alexander-Oulton-1024x576.jpg> (expiration not specified)

## Telefon

- <http://0.gravatar.com/avatar/9034637e9f569722be17a795014c648c?s=98&d=mm&r=g> (5 minutes)

## Reduce server response time

In our test, your server responded in 0.35 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 3.2KiB (22% reduction).

- Minifying <http://www.alexanderoulton.info/wp-content/themes/twenty-sixteen/style.css?ver=5.1.1> could save 2.8KiB (22% reduction) after compression.
- Minifying <http://www.alexanderoulton.info/wp-content/themes/twenty-sixteen/css/blocks.css?ver=20181230> could save 368B (21% reduction) after compression.

## Minify JavaScript

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

[Minify JavaScript](#) for the following resources to reduce their size by 1.5KiB (24% reduction).

## Telefon

- Minifying <http://www.alexanderoulton.info/wp-content/themes/twenty十六teen/js/functions.js?ver=20181230> could save 673B (33% reduction) after compression.
- Minifying <http://www.alexanderoulton.info/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.1.1> could save 653B (17% reduction) after compression.
- Minifying <http://www.alexanderoulton.info/wp-content/themes/twenty十六teen/js/skip-link-focus-fix.js?ver=20160816> could save 250B (43% reduction) after compression.

## Optimize images

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

[Optimize the following images](#) to reduce their size by 56.4KiB (28% reduction).

- Compressing <http://www.alexanderoulton.info/wp-content/uploads/2019/03/gettyimages-925089548-1024x683.jpg> could save 39.3KiB (32% reduction).
- Compressing <http://www.alexanderoulton.info/wp-content/uploads/2019/05/Candid-Tips-for-Perusing-a-Successful-Modeling-Career-2-1024x578.jpg> could save 16.6KiB (23% reduction).
- Compressing <http://0.gravatar.com/avatar/9034637e9f569722be17a795014c648c?s=98&d=mm&r=g> could save 529B (34% reduction).

## Prioritize visible content

Your page requires additional network round trips to render the above-the-fold content. For best performance, reduce the amount of HTML needed to render above-the-fold content.

The entire HTML response was not sufficient to render the above-the-fold content. This usually indicates that additional resources, loaded after HTML parsing, were required to render above-the-fold content. [Prioritize visible content](#) that is needed for rendering above-the-fold by including it directly in the HTML response.

- Only about 59% of the final above-the-fold content could be rendered with the full HTML response.

- Click to see the screenshot with only the HTML response: snapshot:13



### Kalon 3 kontrolle

#### 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](#).

## 95 / 100 Eksperienca e përdoruesit



### Përmiresim për tu konsideruar:

#### 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 `<a href="http://www.ale...xander-oulton/">June 28, 2019June 28, 2019</a>` and 26 others are close to other tap targets.
- The tap target `<a href="http://www.ale...ulton/#respond">Leave a commen...exander`

## Telefon

Oulton and 2 others are close to other tap targets.



### Kalon 4 kontrolle

#### 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](#).

#### 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

## Desktop



83 / 100 Shpejtësia

**!** Përmiresim për tu konsideruar:

### 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://www.alexanderoulton.info/wp-content/uploads/2019/03/gettyimages-925089548-768x512.jpg> (expiration not specified)
- <http://www.alexanderoulton.info/wp-content/uploads/2019/05/Candid-Tips-for-Perusing-a-Successful-Modeling-Career-2-768x434.jpg> (expiration not specified)
- <http://www.alexanderoulton.info/wp-content/uploads/2019/06/Indulge-Diet-and-Fitness-in-Routine-Life-%E2%80%93-Alexander-Oulton-768x432.jpg> (expiration not specified)
- <http://0.gravatar.com/avatar/9034637e9f569722be17a795014c648c?s=49&d=mm&r=g> (5 minutes)

### Reduce server response time

In our test, your server responded in 0.37 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 3.2KiB (22% reduction).

- Minifying <http://www.alexanderoulton.info/wp-content/themes/twenty十六teen/style.css?ver=5.1.1> could save 2.8KiB (22% reduction) after compression.
- Minifying <http://www.alexanderoulton.info/wp-content/themes/twenty十六teen/css/blocks.css?ver=20181230> could save 368B (21% reduction) after compression.

### Minify JavaScript

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

[Minify JavaScript](#) for the following resources to reduce their size by 1.5KiB (24% reduction).

- Minifying <http://www.alexanderoulton.info/wp-content/themes/twenty十六teen/js/functions.js?ver=20181230> could save 673B (33% reduction) after compression.
- Minifying <http://www.alexanderoulton.info/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.1.1> could save 653B (17% reduction) after compression.
- Minifying <http://www.alexanderoulton.info/wp-content/themes/twenty十六teen/js/skip-link-focus-fix.js?ver=20160816> could save 250B (43% reduction) after compression.

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



## Desktop

Your page has 2 blocking script resources and 7 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://www.alexanderoulton.info/wp-includes/js/jquery/jquery.js?ver=1.12.4>
- <http://www.alexanderoulton.info/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>

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

- <http://www.alexanderoulton.info/wp-includes/css/dist/block-library/style.min.css?ver=5.1.1>
- <http://www.alexanderoulton.info/wp-includes/css/dist/block-library/theme.min.css?ver=5.1.1>
- <http://www.alexanderoulton.info/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.1.1>
- <https://fonts.googleapis.com/css?family=Merriweather%3A400%2C700%2C900%2C400italic%2C700italic%2C900italic%7CMontserrat%3A400%2C700%7CInconsolata%3A400&subset=latin%2Clatin-ext>
- <http://www.alexanderoulton.info/wp-content/themes/twenty十六/genericons/genericons.css?ver=3.4.1>
- <http://www.alexanderoulton.info/wp-content/themes/twenty十六/style.css?ver=5.1.1>
- <http://www.alexanderoulton.info/wp-content/themes/twenty十六/css/blocks.css?ver=20181230>

## Optimize images

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

[Optimize the following images](#) to reduce their size by 37KiB (29% reduction).

- Compressing <http://www.alexanderoulton.info/wp-content/uploads/2019/03/gettyimages-925089548-768x512.jpg> could save 26.3KiB (33% reduction).
- Compressing <http://www.alexanderoulton.info/wp-content/uploads/2019/05/Candid-Tips-for->

## Desktop

Perusing-a-Successful-Modeling-Career-2-768x434.jpg could save 10.3KiB (22% reduction).

- Compressing <http://0.gravatar.com/avatar/9034637e9f569722be17a795014c648c?s=49&d=mm&r=g> could save 440B (40% reduction).



## Kalon 4 kontrolle

### 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](#).