

<https://212degreesofwellness.chiropraise.com/>

ANALYZE

MOBILE

DESKTOP

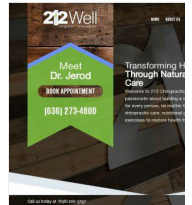
53

<https://212degreesofwellness.chiropraise.com/>

0-49 50-89 90-100 ⓘ

Field Data — The Chrome User Experience Report [does not have sufficient real-world speed data](#) for this page.

Origin Summary — The Chrome User Experience Report [does not have sufficient real-world speed data](#) for this origin.



Lab Data



■ First Contentful Paint	1.3 s	▲ First Meaningful Paint	2.0 s
▲ Speed Index	5.3 s	● First CPU Idle	2.1 s
■ Time to Interactive	3.5 s	■ Max Potential First Input Delay	170 ms



Opportunities — These optimizations can speed up your page load.

Opportunity	Estimated Savings
▲ Eliminate render-blocking resources	1.42 s
▲ Serve images in next-gen formats	0.96 s
■ Remove unused CSS	0.48 s
▲ Reduce server response times (TTFB)	0.26 s
■ Defer offscreen images	0.16 s



- ▲ Ensure text remains visible during webfont load ✓
 - Serve static assets with an efficient cache policy — 8 resources found ✓
 - Avoid enormous network payloads — Total size was 3,111 KB ✓
 - Minimize Critical Requests Depth — 33 chains found ✓
 - Keep request counts low and transfer sizes small — 83 requests • 3,111 KB ✓
- Passed audits (13) ✓



The [speed score](#) is based on the lab data analyzed by [Lighthouse](#).
Analysis time: 6/12/2019, 12:18:27 PM

What's New

Read about the [July 2018 Google Speed Update](#).

Give Feedback

Have specific, answerable questions about using PageSpeed Insights? Ask your question on [Stack Overflow](#). For general feedback and discussion, start a thread in our [mailing list](#).

Web Performance

Learn more about [web performance tools at Google](#).

About PageSpeed Insights

PageSpeed Insights analyzes the content of a web page, then generates suggestions to make that page faster. [Learn more](#).