

PageSpeed Insights

Mobile



79 / 100 Speed

! 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:

- <https://getrockerbox.com/assets/xyz.js> (expiration not specified)
- https://rules.quantcount.com/rules-p-3Ma3jHaQMB_bS.js (expiration not specified)
- <https://snap.licdn.com/li.lms-analytics/insight.min.js> (expiration not specified)
- https://connect.facebook.net/en_US/fbevents.js (20 minutes)
- <https://bat.bing.com/bat.js> (30 minutes)
- [https://secure.leadback.advertising.com/adcedge/lb?site=695501&betr=sslbet_1472760417=\[+\]ssprlb_1472760417\[720\]|sslbet_1472760452=\[+\]ssprlb_1472760452\[8760\]](https://secure.leadback.advertising.com/adcedge/lb?site=695501&betr=sslbet_1472760417=[+]ssprlb_1472760417[720]|sslbet_1472760452=[+]ssprlb_1472760452[8760]) (60)

Mobile

minutes)

- [https://secure.leadback.advertising.com/adcedge/lb?site=695501&betr=sslbet_1487351074=\[+\]ssprlb_1487351074\[720\]|sslbet_1487351090=\[+\]ssprlb_1487351090\[8760\]](https://secure.leadback.advertising.com/adcedge/lb?site=695501&betr=sslbet_1487351074=[+]ssprlb_1487351074[720]|sslbet_1487351090=[+]ssprlb_1487351090[8760]) (60 minutes)
- <https://www.google-analytics.com/analytics.js> (2 hours)

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 9.6KiB (17% reduction).

- Minifying https://s1.wp.com/_static/??-ejyFztEKwjAMBdAfsquTiXsRv6XWOFKXtDbphn69HeiDMBQCgdzDJXZOBtmP5QJiQ517gfx4ryblxv4ChnDITqEh5A/2kRVYF0vxjCOYIpDdUG+16BpXXIqiBCIVraTfLyFPCPNfFkCT8zeTQfC5tj7o2Hb9Yde3+24bXjRNW9I= could save 6.2KiB (13% reduction) after compression.
- Minifying https://s0.wp.com/_static/??-ejx9zMEOAiEMBNAfEusqiV6M34LQCEi72MKuny9ejPHgbTlzebBW42duyA2yQsAleazPbdYNfE3UTS39IihpDsqPDp2jI5DQfk9t4g0LtG+RSVXinpB5D+oC5TYXJ0AOW0oI5I5QZEUhvTphnCh82SPO3uw02mfX+pMRlg= could save 3.3KiB (38% reduction) after compression.

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

Your page has 3 blocking script resources and 4 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:](#)

- https://s1.wp.com/_static/??-ejyFztEKwjAMBdAfsquTiXsRv6XWOFKXtDbphn69HeiDMBQCgdzDJXZOBtmP5QJiQ517gfx4ryblxv4ChnDITqEh5A/2kRVYF0vxjCOYIpDdUG+16BpXXIqiBCIVraTfLyFPCPNfFkCT8zeTQfC5tj7o2Hb9Yde3+24bXjRNW9I=

Mobile

- https://s0.wp.com/_static/??-ejx9zMEOAiEMBNAfEusqiV6M34LQCEi72MKuny9ejPHgbTlzebBW42duyA2yQsAleazPbdYNfE3UTS39IlihPdsqPDp2jI5DQfk9t4g0LtG+RSVXinpB5D+oC5TYXJ0AOW0oI5I5QZEUhvTphnCh82SPO3uw02mfX+pMRlg=
- <https://www.googleadservices.com/pagead/conversion.js>

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

- <https://s2.wp.com/wp-content/mu-plugins/atlas/css/header.css>
- <https://s1.wp.com/i/fonts/merriweather/merriweather.css?v=20160210>
- <https://s2.wp.com/wp-content/themes/h4/style.css?12>
- https://s0.wp.com/_static/??-ejx9kdFOwzAMRX8IEw0KGg+Ib0ITk3qL4yhONe3v8VpAbEN5ie617rGdxJ0KBMkNc3O8QEILpKzuVIIwKFPC8417DKoP7n8s0RHVHbAVH46wul48SEWrc/HtkmCcyGNctlgP4/L6Q13kbLO6Y7b1x7FUVAU7mRaGNTugb45clkaG6q/oNYwokCT4RpKvDHwmT7WHVhyTRJPRWeqPvYO2/dw8uJhk9KI7Q5oiNI1bbhpiPQI8nuwXdH3ND37fDS9vw7DfPz0fvgAqmLxz

Optimize images

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

[Optimize the following images](#) to reduce their size by 13.5KiB (96% reduction).

- Compressing and resizing <https://s1.wp.com/wp-content/themes/h4/i/logo-h-rgb.png> could save 13.5KiB (96% 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.

Mobile

- Only about 9% of the final above-the-fold content could be rendered with the full HTML response snapshot:8.



5 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](#).

Reduce server response time

Your server responded quickly. Learn more about [server response time optimization](#).

Minify CSS

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

Minify HTML

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

96 / 100 User Experience



Consider Fixing:

Mobile

Size content to viewport

The page content is too wide for the viewport, forcing the user to scroll horizontally. [Size the page content to the viewport](#) to provide a better user experience.

The page content is 413 CSS pixels wide, but the viewport is only 412 CSS pixels wide. The following elements fall outside the viewport:

- The element `` falls outside the viewport.



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](#).

Size tap targets appropriately

All of your page's links/buttons are large enough for a user to easily tap on a touchscreen. Learn more about [sizing tap targets appropriately](#).

Use legible font sizes

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



88 / 100 Speed

! Consider Fixing:

Leverage browser caching

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- <https://getrockerbox.com/assets/xyz.js> (expiration not specified)
- https://rules.quantcount.com/rules-p-3Ma3jHaQMB_bS.js (expiration not specified)
- <https://snap.licdn.com/li.lms-analytics/insight.min.js> (expiration not specified)
- https://connect.facebook.net/en_US/fbevents.js (20 minutes)
- <https://bat.bing.com/bat.js> (30 minutes)
- [https://secure.leadback.advertising.com/adcedge/lb?site=695501&betr=sslbet_1472760417=\[+\]ssprlb_1472760417\[720\]|sslbet_1472760452=\[+\]ssprlb_1472760452\[8760\]](https://secure.leadback.advertising.com/adcedge/lb?site=695501&betr=sslbet_1472760417=[+]ssprlb_1472760417[720]|sslbet_1472760452=[+]ssprlb_1472760452[8760]) (60 minutes)
- [https://secure.leadback.advertising.com/adcedge/lb?site=695501&betr=sslbet_1487351074=\[+\]ssprlb_1487351074\[720\]|sslbet_1487351090=\[+\]ssprlb_1487351090\[8760\]](https://secure.leadback.advertising.com/adcedge/lb?site=695501&betr=sslbet_1487351074=[+]ssprlb_1487351074[720]|sslbet_1487351090=[+]ssprlb_1487351090[8760]) (60 minutes)
- <https://www.google-analytics.com/analytics.js> (2 hours)

Desktop

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 3.1KiB (11% reduction).

- Minifying https://s0.wp.com/_static/??-ejx9kdtuAyEMRH+oLmq7jdKHqt/Cgss6MRdhVtH+fZzd pLdUvKAxmsOMsDkVcDk1TM3EGQrPgZKYU3E5gkRiXP5Mj07kwfyPMR1RzAFbse4I69Szu1xR7 2Ox7eKI6MkiY1RbD4tld6MuctKsbsxWfxxLRRHQm9IcoU0adOXlpNxIUfkSvQcDZuDsbKOcfg3wy ZZqD604cg4qg1HXj/EO2vqZaTDSFkZgm3zfd3UYm5Y2qRAmj/dtvoHAebTc/TryAZusXTcNoZIH TdL1yrqmj/j+Nly+DcN+//xyOAMrCN2/ could save 3.1KiB (11% 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 15.5KiB (23% reduction).

- Minifying https://s2.wp.com/_static/??-ejyNjtEOgjAMRX/lbUlW8mL8lgkVORcO1yHBr7cm8mAka tKkue25tzXTToJAaP7bAxklDR0jzq2nHG/MNUAG7ZDPogLTATaQMlJ9siCf0oEaGZDuZSdA5rnBD5 ByAWaCV7ftLSDeE6SfmlA+2uagEjPeP1NyD3DN9ZbylFqIbbJbm3ltmjy2kv21gWZQudCmWYzg UVb0v62JXbd0DPPiC6Q== could save 12.2KiB (21% reduction) after compression.
- Minifying https://s0.wp.com/_static/??-ejx9zMEOAiEMBNAfEusqiV6M34LQCEi72MKuny9ejPHg bTlzebBW42duyA2yQsAleazPbdYNfE3UTS39lIhpDsqPDp2jI5DQfk9t4g0LtG+RSVXinpB5D+oC 5TYXJ0AOW0oI5I5QZEUhvTphnCh82SPO3uw02mfX+pMRlg= could save 3.3KiB (38% reduction) after compression.

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

Your page has 5 blocking script resources and 6 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

Desktop

portions of those resources directly in the HTML.

[Remove render-blocking JavaScript:](#)

- https://s2.wp.com/_static/??-ejyNjtEOgjAMRX/lbUlW8mL8lgkVOrC01yHBr7cm8mAkatKkue25tzXToJAaP7bAxkldR0jzq2nHG/MNUAG7ZDPogLTATaQMlJ9siCf0oEaGZDuZSdA5rnBD5ByAWaC V7ftLSDDeE6SfmIA+2uagEjPeP1NyD3DN9ZbylFqIbbJbm3ltmjy2kv21gWZQudCmWYzgUVb0v6 2jXbd0DPPiC6Q==
- <https://0.gravatar.com/js/gprofiles.js?ver=201709y>
- <https://s1.wp.com/wp-content/mu-plugins/gravatar-hovercards/wpgroho.js?m=1380573781h>
- https://s0.wp.com/_static/??-ejx9zMEOAiEMBNAfEusqiV6M34LQCEi72MKuny9ejPHgbTlzebBW 42duyA2yQsAleazPbdYNfE3UTS39lIihpDsqPDp2jI5DQfk9t4g0LtG+RSVXinpB5D+oC5TYXJ0AO W0oI5I5QZEUhvTphnCh82SPO3uw02mfX+pMRlg=
- <https://www.googleadservices.com/pagead/conversion.js>

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

- <https://s2.wp.com/wp-content/mu-plugins/atlas/css/header.css>
- <https://s1.wp.com/i/fonts/merriweather/merriweather.css?v=20160210>
- <https://s2.wp.com/wp-content/themes/h4/style.css?12>
- https://s0.wp.com/_static/??-ejx9kdtuAyEMRH+oLmq7jdKHqt/Cgss6MRdhVtH+fZzdpLdUvKAX msOMsDkVcDk1TM3EGQrPgZKYU3E5gkRiXP5Mj07kwfyPMR1RzAFbse4I69Szu1xR72Ox7eKI6 MkiY1RbD4tld6MuctKsbsxWfxxLRRHQm9IcoU0adOXIpNxiUfkSvQcDZuDsBKOfcg3wyZZqD604 cg4qg1HXj/EO2vqZaTDSFkZgm3zfd3UYm5Y2qRAMj/dtvoHAebTc/TryAZusXTcNoZIHTdL1yrq mj/j+Nly+DcN+//xyOAMrCN2/
- <https://0.gravatar.com/css/hovercard.css?ver=201709y>
- <https://0.gravatar.com/css/services.css?ver=201709y>

Optimize images

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Prioritize visible content

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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 7% of the final above-the-fold content could be rendered with the full HTML response snapshot:10.



4 Passed Rules

Avoid landing page redirects

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

Enable compression

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Desktop

