

Performance Report for: <http://yoga.anelym.fr/>

Report generated: Mon, Aug 16, 2021 7:03 AM -0700

Test Server Location: London, UK

Using: Chrome (Desktop) 90.0.4430.212, Lighthouse 7.4.0

A	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	99%	97%	536ms	0ms	0.12

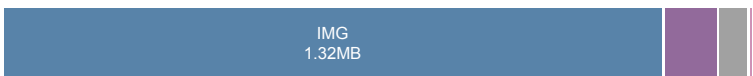
Top Issues

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	17 resources found
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 137KB
Low	Properly size images	Potential savings of 751KB
Low	Avoid large layout shifts	5 elements found
Low	Serve images in next-gen formats	Potential savings of 129KB

Page Details



Total Page Size - 1.49MB



Total Page Requests - 21



■ HTML
 ■ JS
 ■ CSS
 ■ IMG
 ■ Video
 ■ Font
 ■ Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

About GTmetrix

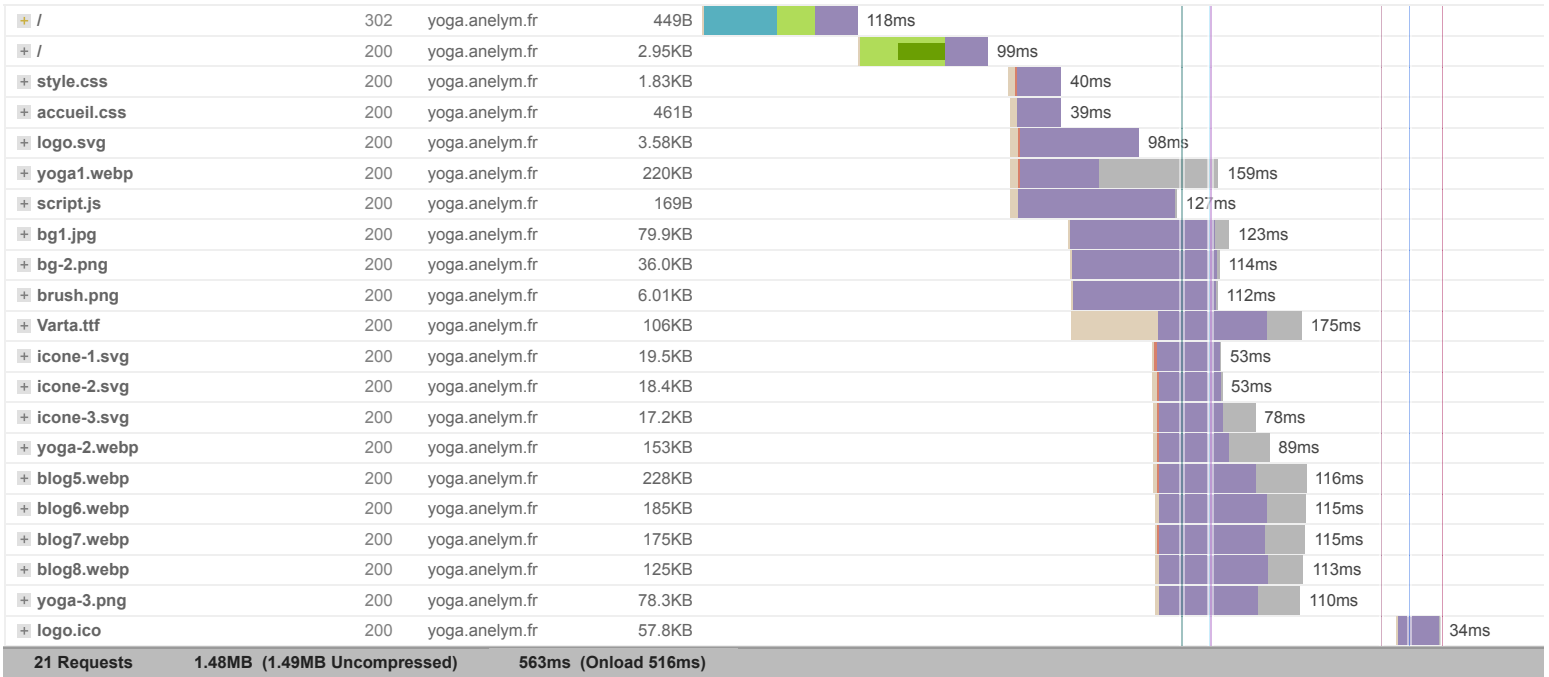
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 25 years experience in web technology.

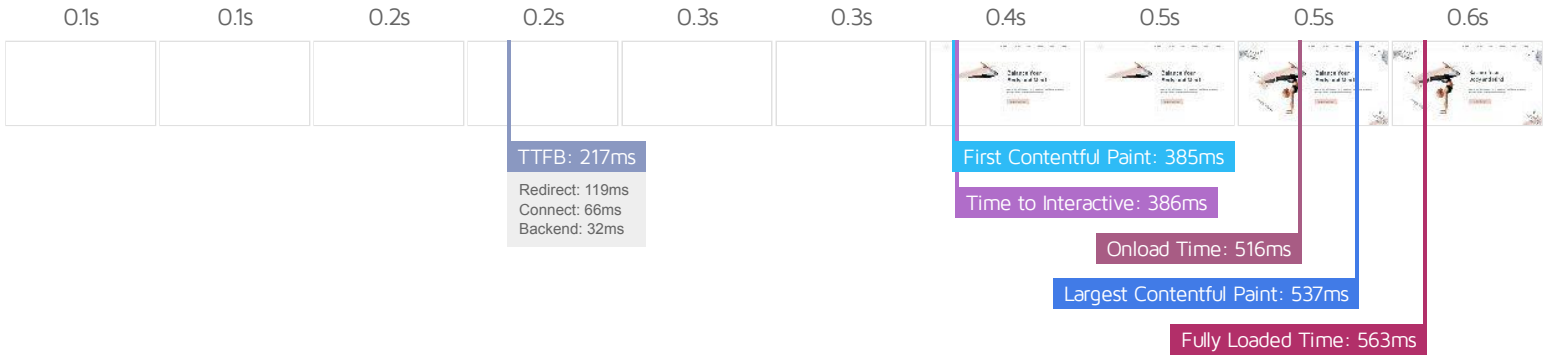
CARBON60
THE MANAGED CLOUD COMPANY

<https://carbon60.com/>

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.

Yoga à Grenoble - Accueil





Performance Metrics

First Contentful Paint How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.	Good - Nothing to do here 385ms	Time to Interactive How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.	Good - Nothing to do here 385ms
Speed Index How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.	Good - Nothing to do here 423ms	Total Blocking Time How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.	Good - Nothing to do here 0ms
Largest Contentful Paint How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.	Good - Nothing to do here 536ms	Cumulative Layout Shift How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.	OK, but consider improvement 0.12

Browser Timings

Redirect	119ms	Connect	66ms	Backend	32ms
TTFB	217ms	DOM Int.	364ms	DOM Loaded	364ms
First Paint	385ms	Onload	516ms	Fully Loaded	563ms

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Low	Avoid large layout shifts	5 elements found
Low	Serve images in next-gen formats	Potential savings of 129KB
Low	Avoid an excessive DOM size	177 elements
Low	Avoid enormous network payloads	Total size was 1.49MB
Low	Avoid multiple page redirects	Potential savings of 118ms
Low	Efficiently encode images	Potential savings of 32.0KB
Low	Avoid long main-thread tasks	1 long task found
Low	Reduce JavaScript execution time	11ms spent executing JavaScript
Low	Reduce initial server response time	Root document took 32ms
Low	Avoid chaining critical requests	3 chains found
N/A	Largest Contentful Paint element	1 element found
N/A	Minimize main-thread work	Main-thread busy for 243ms
N/A	User Timing marks and measures	
N/A	Reduce the impact of third-party code	