

## Performance Report for: http://springintegrativehealth.com/

Report generated: Tue, Dec 1, 2015, 11:28 AM -0800  
 Test Server Region: Vancouver, Canada  
 Using: Firefox (Desktop) 39.0.3, PageSpeed 1.12.16, YSlow 3.1.8

PageSpeed Score <b>C (76%)</b> ▼	YSlow Score <b>C (70%)</b> ▼	Page Load Time <b>3.8s</b> ▲	Total Page Size <b>2.42MB</b> ▼	Requests <b>54</b> ▲
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### Top 5 Priority Issues

<b>Combine images using CSS sprites</b>	F (0)	▼ AVG SCORE: 82%	IMAGES	MEDIUM
<b>Leverage browser caching</b>	F (8)	▼ AVG SCORE: 65%	SERVER	HIGH
<b>Enable gzip compression</b>	F (18)	▼ AVG SCORE: 87%	SERVER	HIGH
<b>Minify CSS</b>	E (50)	▼ AVG SCORE: 90%	CSS	HIGH
<b>Optimize the order of styles and scripts</b>	E (55)	▼ AVG SCORE: 93%	CSS/JS	HIGH

### How does this affect me?

Studies show that users leave a site if it hasn't loaded in 4 seconds; keep your users happy and engaged by providing a fast performing website.

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

### About GTmetrix

We can help you develop a faster, more efficient, and all-around improved website experience for your users. We use Google PageSpeed and Yahoo! YSlow to grade your site's performance and provide actionable recommendations to fix these issues.

### About the Developer

**GT.net**  
Performance Hosting

GTmetrix is developed by the good folks at **GT.net**, a Vancouver-based performance hosting company with over 19 years experience in web technology.

<https://gt.net/>

### What do these grades mean?

This report is an analysis of your site with Google and Yahoo!'s metrics for how to best develop a site for optimized speed. The **grades you see represent** how well the scanned URL adheres to those rules.

Lower grades (C or lower) mean that the page can stand to be faster using better practices and optimizing your settings.

### What's in this report?

This report covers basic to technical analyses on your page. It is categorized under many headings:

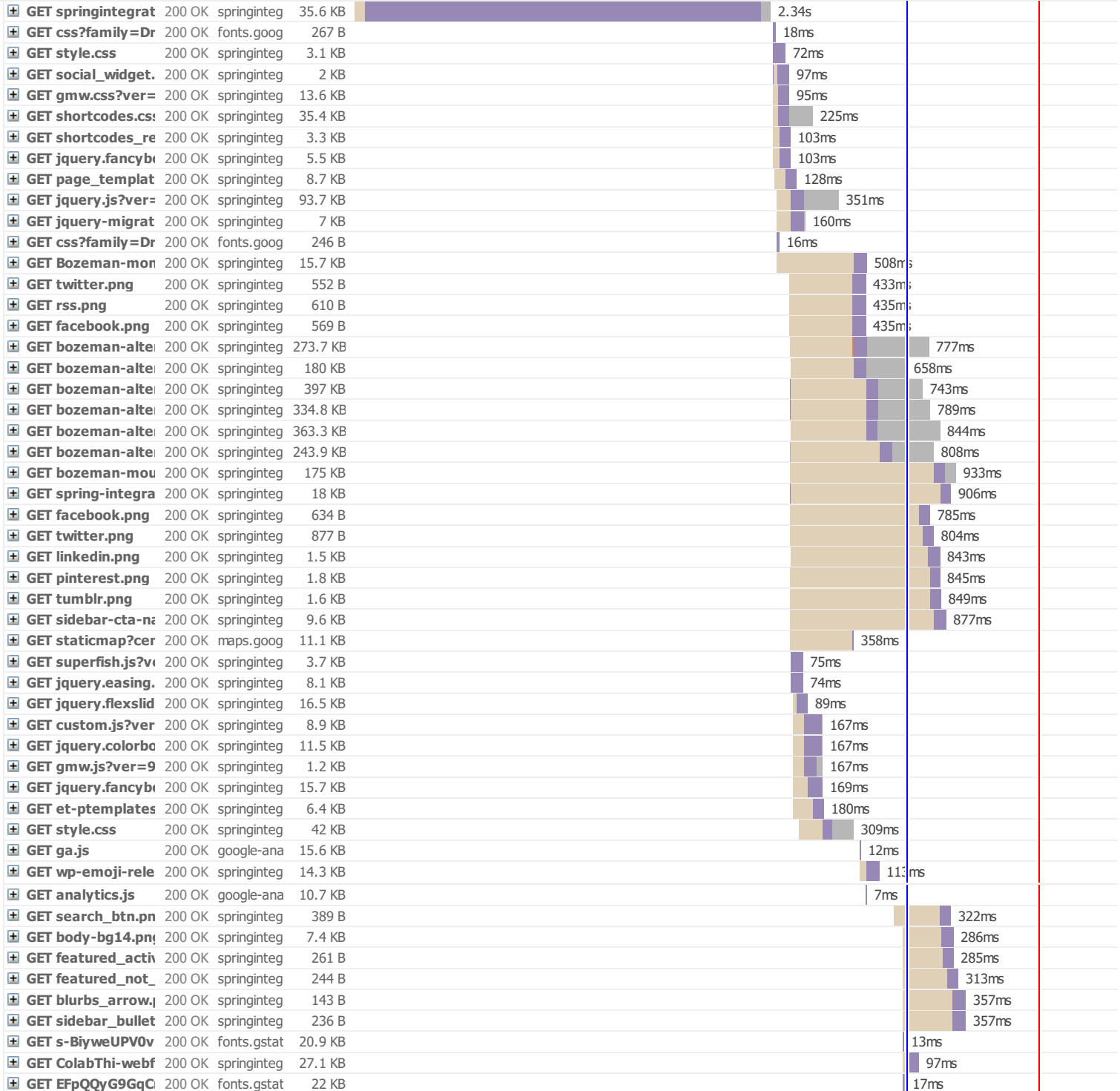
- **Executive:** Overall score information and Priority Issues
- **History:** Graphed history of past performance
- **Waterfall:** Graph of your site's loading timeline
- **Technical:** In-depth PageSpeed & YSlow information

These will provide you with a snapshot of your performance.

## Waterfall Chart

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.

### Spring Integrative Health, a Healthcare Clinic in Bozeman, Montana



+	GET left-arrow.png	200 OK	springinteg	662 B	66ms
+	GET right-arrow,pn	200 OK	springinteg	629 B	73ms
<b>54 Requests</b>				<b>2.4 MB</b>	<b>3.45s (onload: 3.84s)</b>

## PageSpeed Recommendations

RECOMMENDATION	GRADE	RELATIVE	TYPE	PRIORITY
<a href="#">Combine images using CSS sprites</a>	<div style="width: 0%;"><span>F (0)</span></div>	▼ AVG SCORE: 82%	IMAGES	MEDIUM
<a href="#">Leverage browser caching</a>	<div style="width: 8%;"><span>F (8)</span></div>	▼ AVG SCORE: 65%	SERVER	HIGH
<a href="#">Enable gzip compression</a>	<div style="width: 18%;"><span>F (18)</span></div>	▼ AVG SCORE: 87%	SERVER	HIGH
<a href="#">Minify CSS</a>	<div style="width: 50%;"><span>E (50)</span></div>	▼ AVG SCORE: 90%	CSS	HIGH
<a href="#">Optimize the order of styles and scripts</a>	<div style="width: 55%;"><span>E (55)</span></div>	▼ AVG SCORE: 93%	CSS/JS	HIGH
<a href="#">Specify image dimensions</a>	<div style="width: 70%;"><span>C (70)</span></div>	▲ AVG SCORE: 48%	IMAGES	HIGH
<a href="#">Serve scaled images</a>	<div style="width: 81%;"><span>B (81)</span></div>	◆ AVG SCORE: 81%	IMAGES	HIGH
<a href="#">Minify JavaScript</a>	<div style="width: 85%;"><span>B (85)</span></div>	▼ AVG SCORE: 92%	JS	HIGH
<a href="#">Avoid CSS @import</a>	<div style="width: 85%;"><span>B (85)</span></div>	▼ AVG SCORE: 96%	CSS	MEDIUM
<a href="#">Defer parsing of JavaScript</a>	<div style="width: 89%;"><span>B (89)</span></div>	▲ AVG SCORE: 54%	JS	HIGH
<a href="#">Specify a cache validator</a>	<div style="width: 91%;"><span>A (91)</span></div>	◆ AVG SCORE: 93%	SERVER	HIGH
<a href="#">Specify a Vary: Accept-Encoding header</a>	<div style="width: 94%;"><span>A (94)</span></div>	◆ AVG SCORE: 92%	SERVER	HIGH
<a href="#">Minify HTML</a>	<div style="width: 84%;"><span>B (84)</span></div>	▼ AVG SCORE: 94%	CONTENT	LOW
<a href="#">Optimize images</a>	<div style="width: 97%;"><span>A (97)</span></div>	▲ AVG SCORE: 79%	IMAGES	HIGH
<a href="#">Remove query strings from static resources</a>	<div style="width: 97%;"><span>A (97)</span></div>	▲ AVG SCORE: 86%	CONTENT	HIGH
<a href="#">Avoid bad requests</a>	<div style="width: 100%;"><span>A (100)</span></div>	◆ AVG SCORE: 98%	CONTENT	HIGH
<a href="#">Avoid a character set in the meta tag</a>	<div style="width: 100%;"><span>A (100)</span></div>	▲ AVG SCORE: 94%	CONTENT	HIGH
<a href="#">Avoid landing page redirects</a>	<div style="width: 100%;"><span>A (100)</span></div>	◆ AVG SCORE: 97%	SERVER	HIGH
<a href="#">Enable Keep-Alive</a>	<div style="width: 100%;"><span>A (100)</span></div>	◆ AVG SCORE: 97%	SERVER	HIGH
<a href="#">Inline small CSS</a>	<div style="width: 100%;"><span>A (100)</span></div>	◆ AVG SCORE: 95%	CSS	HIGH
<a href="#">Inline small JavaScript</a>	<div style="width: 100%;"><span>A (100)</span></div>	◆ AVG SCORE: 97%	JS	HIGH
<a href="#">Minimize redirects</a>	<div style="width: 100%;"><span>A (100)</span></div>	▲ AVG SCORE: 91%	CONTENT	HIGH
<a href="#">Minimize request size</a>	<div style="width: 100%;"><span>A (100)</span></div>	◆ AVG SCORE: 98%	CONTENT	HIGH
<a href="#">Put CSS in the document head</a>	<div style="width: 100%;"><span>A (100)</span></div>	◆ AVG SCORE: 100%	CSS	HIGH
<a href="#">Serve resources from a consistent URL</a>	<div style="width: 100%;"><span>A (100)</span></div>	◆ AVG SCORE: 95%	CONTENT	HIGH
<a href="#">Specify a character set early</a>	<div style="width: 100%;"><span>A (100)</span></div>	◆ AVG SCORE: 97%	CONTENT	HIGH
<a href="#">Prefer asynchronous resources</a>	<div style="width: 100%;"><span>A (100)</span></div>	◆ AVG SCORE: 97%	JS	MEDIUM

## YSlow Recommendations

RECOMMENDATION	GRADE	RELATIVE	TYPE	PRIORITY
<b>Add Expires headers</b>	F (0)	▼ AVG SCORE: 28%	SERVER	HIGH
<b>Compress components with gzip</b>	F (0)	▼ AVG SCORE: 75%	SERVER	HIGH
<b>Use a Content Delivery Network (CDN)</b>	F (0)	▼ AVG SCORE: 12%	SERVER	MEDIUM
<b>Make fewer HTTP requests</b>	F (28)	▼ AVG SCORE: 38%	CONTENT	HIGH
<b>Use cookie-free domains</b>	F (0)	▼ AVG SCORE: 44%	COOKIE	LOW
<b>Configure entity tags (ETags)</b>	F (0)	▼ AVG SCORE: 73%	SERVER	LOW
<b>Minify JavaScript and CSS</b>	A (90)	▲ AVG SCORE: 70%	CSS/JS	MEDIUM
<b>Avoid empty src or href</b>	A (100)	◆ AVG SCORE: 100%	CONTENT	HIGH
<b>Avoid URL redirects</b>	A (100)	▲ AVG SCORE: 85%	CONTENT	MEDIUM
<b>Make AJAX cacheable</b>	A (100)	◆ AVG SCORE: 100%	JS	MEDIUM
<b>Put CSS at the top</b>	A (100)	◆ AVG SCORE: 100%	CSS	MEDIUM
<b>Remove duplicate JavaScript and CSS</b>	A (100)	◆ AVG SCORE: 100%	CSS/JS	MEDIUM
<b>Put JavaScript at bottom</b>	A (100)	◆ AVG SCORE: 100%	JS	MEDIUM
<b>Avoid AlphasImageLoader filter</b>	A (100)	◆ AVG SCORE: 98%	CSS	MEDIUM
<b>Avoid HTTP 404 (Not Found) error</b>	A (100)	◆ AVG SCORE: 98%	CONTENT	MEDIUM
<b>Reduce the number of DOM elements</b>	A (100)	▲ AVG SCORE: 92%	CONTENT	LOW
<b>Do not scale images in HTML</b>	A (100)	◆ AVG SCORE: 100%	IMAGES	LOW
<b>Use GET for AJAX requests</b>	A (100)	◆ AVG SCORE: 100%	JS	LOW
<b>Avoid CSS expressions</b>	A (100)	◆ AVG SCORE: 98%	CSS	LOW
<b>Reduce DNS lookups</b>	A (100)	▲ AVG SCORE: 72%	CONTENT	LOW
<b>Reduce cookie size</b>	A (100)	◆ AVG SCORE: 100%	COOKIE	LOW
<b>Make favicon small and cacheable</b>	A (100)	◆ AVG SCORE: 100%	IMAGES	LOW
<b>Make JavaScript and CSS external</b>	(n/a)		CSS/JS	MEDIUM