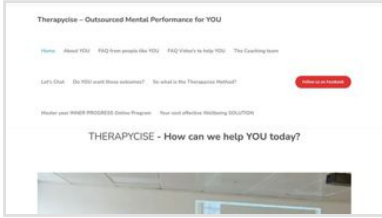


Performance Report for: <http://therapycise.co.uk/>

Report generated: Thu, Mar 7, 2024 7:34 PM -0800

Test Server Location: London, UK

Using: Chrome 117.0.0.0, Lighthouse 11.0.0



D	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	62%	70%	4.1s	0ms	0.01

Top Issues

High	Reduce initial server response time <small>FCP LCP</small>	Root document took 818ms
High	Avoid enormous network payloads <small>LCP</small>	Total size was 5.40MB
High	Enable Keep-Alive <small>FCP LCP</small>	1 request found
Med	Use a Content Delivery Network (CDN)	70 resources found
Med	Serve static assets with an efficient cache policy	Potential savings of 490KB

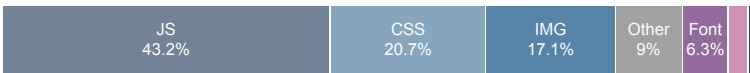
Page Details



Total Page Size - 5.38MB



Total Page Requests - 111



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.**

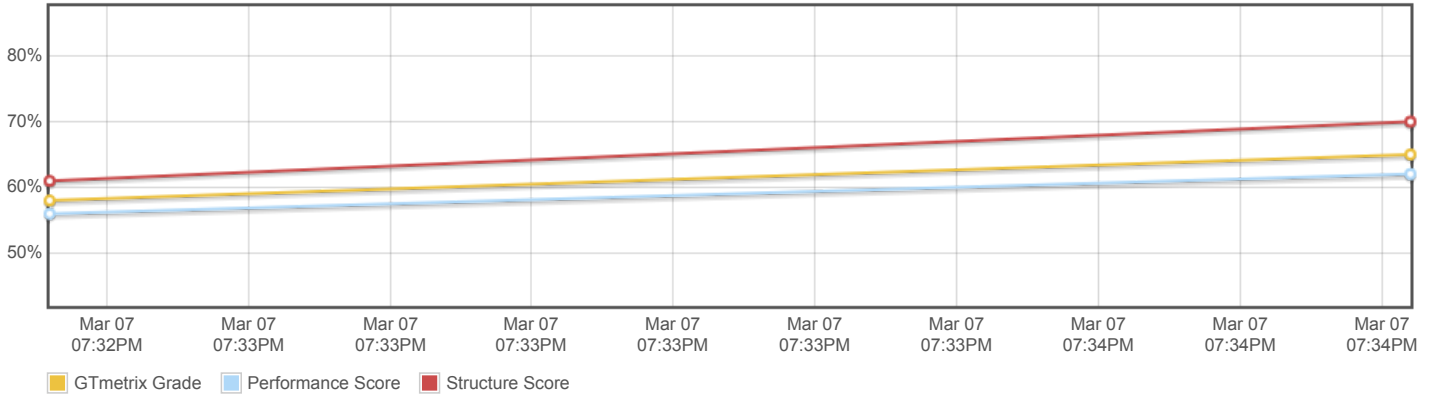
About GTmetrix

CARBON60
THE MANAGED CLOUD COMPANY

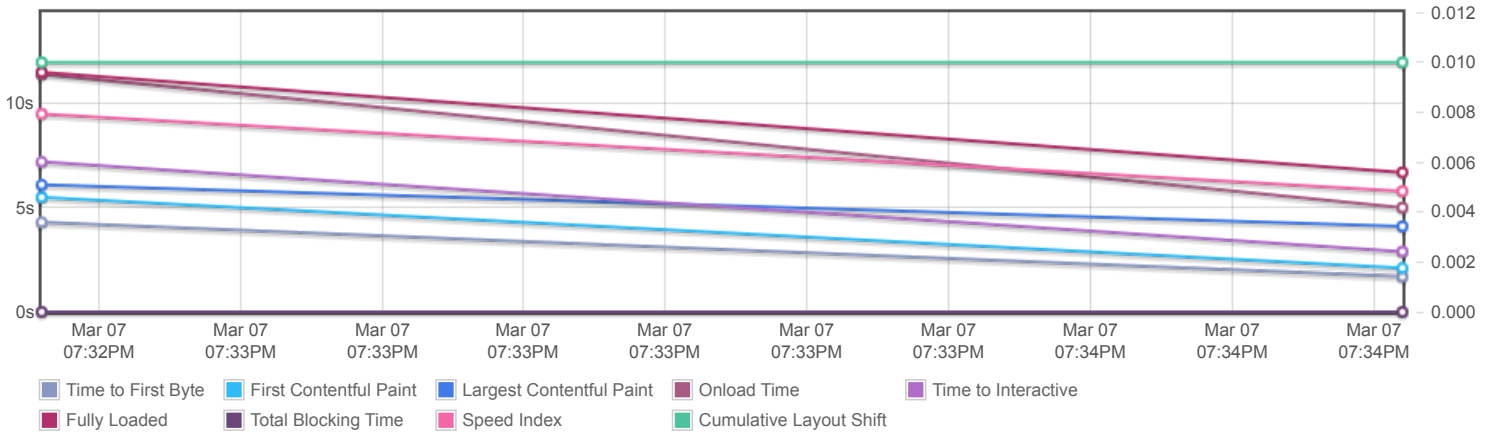
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

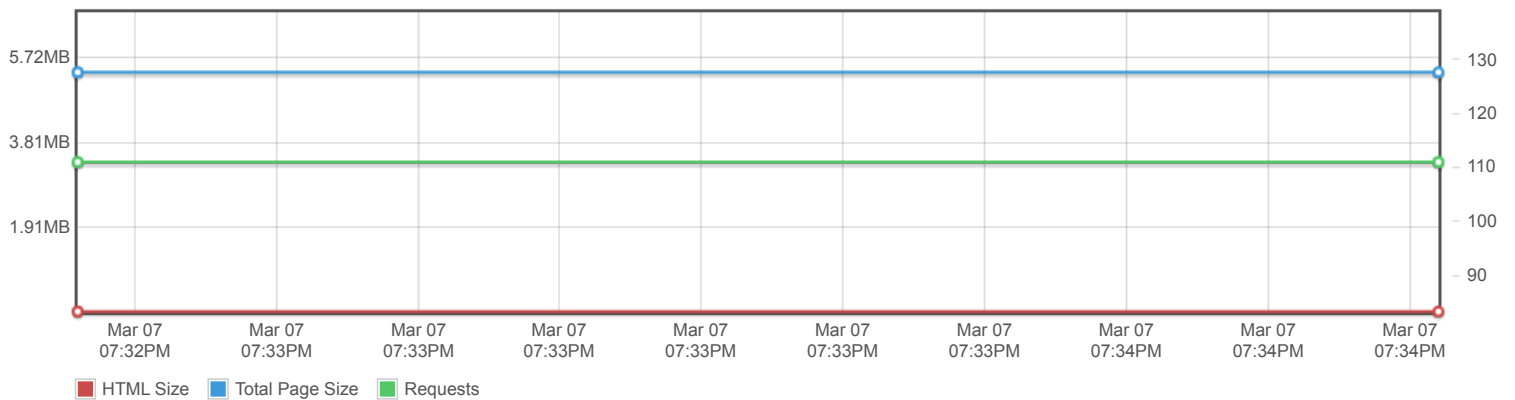
Page scores



Page metrics

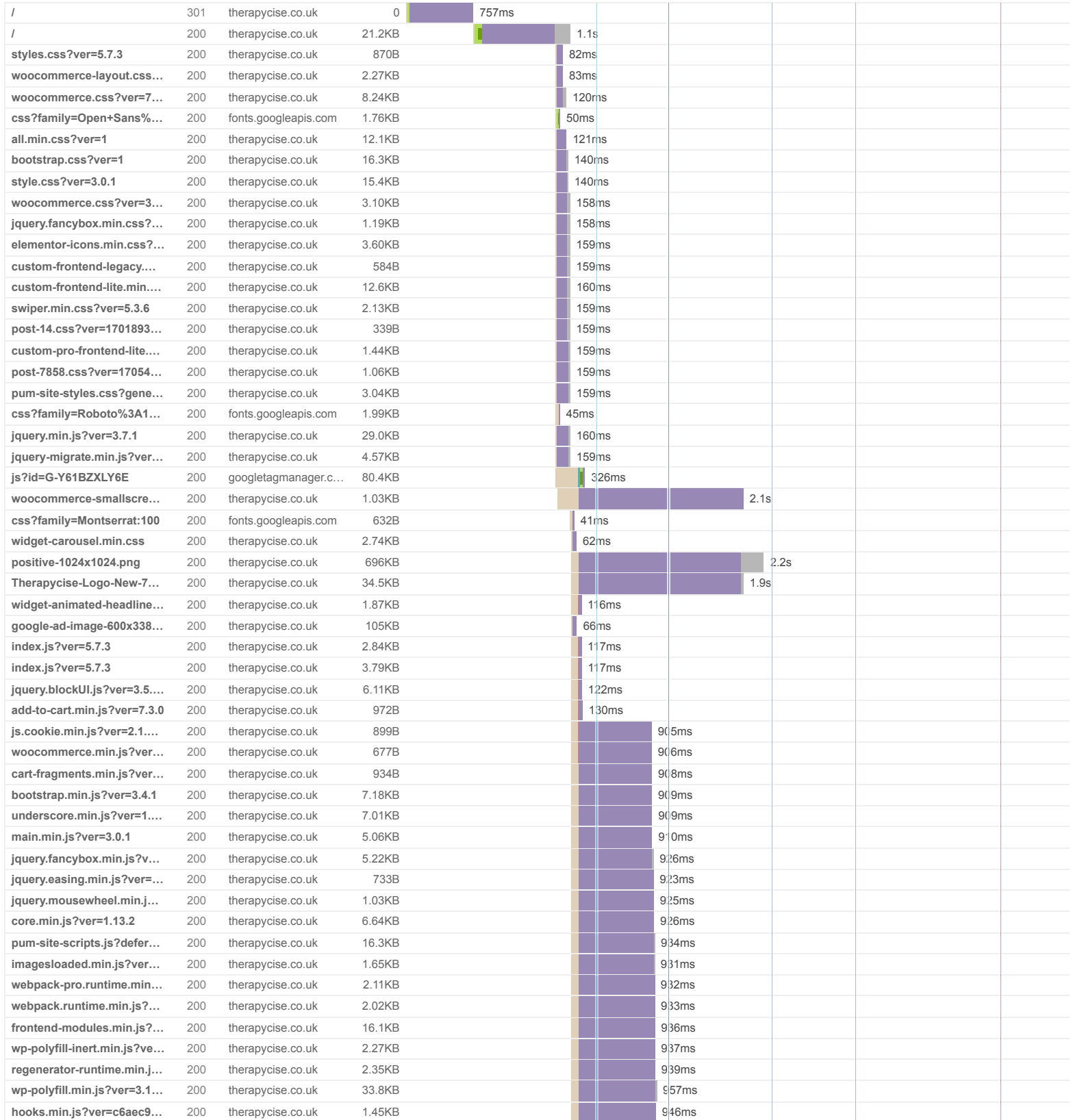


Page sizes and request counts

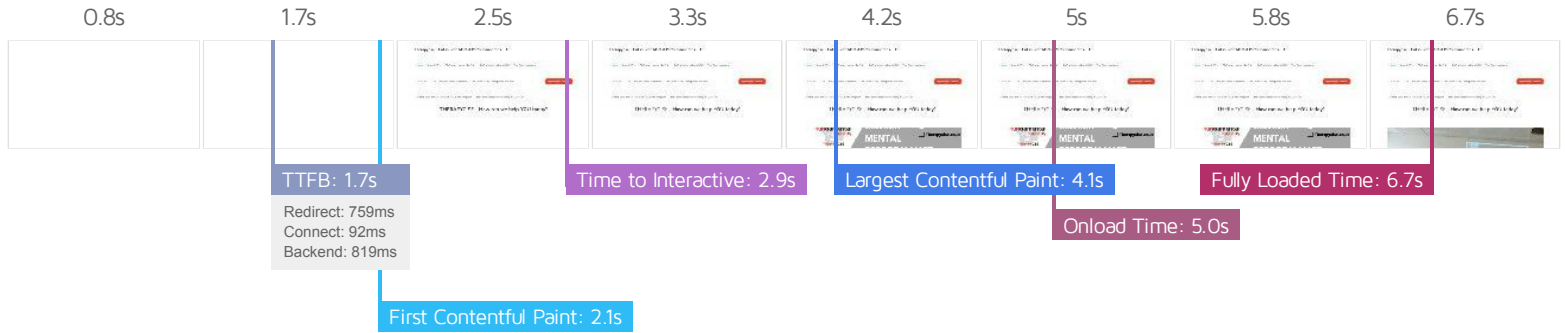


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Home | Therapycise - Outsourced Mental Performance for YOU



i18n.min.js?ver=7701b0c...	200	therapycise.co.uk	3.48KB		947ms				
frontend.min.js?ver=3.6.0	200	therapycise.co.uk	5.11KB		948ms				
waypoints.min.js?ver=4.0.2	200	therapycise.co.uk	2.80KB		949ms				
frontend.min.js?ver=3.18.3	200	therapycise.co.uk	11.6KB		950ms				
elements-handlers.min.js...	200	therapycise.co.uk	5.14KB		951ms				
google-ad-image.png	200	therapycise.co.uk	379KB					2s	
chris-workshop.jpg	200	therapycise.co.uk	15.8KB					1.8s	
TVK-010323.png	200	therapycise.co.uk	1.70MB					2.2s	
Client-Testimonial.png	200	therapycise.co.uk	221KB					1.9s	
THERAPYCISE-TOOLKIT-...	200	therapycise.co.uk	108KB					1.9s	
excellence.jpg	200	therapycise.co.uk	18.1KB					1.9s	
success-leaves-clues.jpg	200	therapycise.co.uk	16.0KB					1.9s	
sign.jpg	200	therapycise.co.uk	15.2KB					1.9s	
therapycise.jpg	200	therapycise.co.uk	15.7KB					1.9s	
circumstances.jpg	200	therapycise.co.uk	15.5KB					1.9s	
XR XV3i6Li01BKoflNeaB...	200	fonts.gstatic.com	38.2KB		108ms				
memvYaGs126MiZpBA-U...	200	fonts.gstatic.com	47.1KB		106ms				
eicons.woff2?5.25.0	200	therapycise.co.uk	93.1KB		137ms				
fa-regular-400.woff2	200	therapycise.co.uk	13.0KB		115ms				
fa-solid-900.woff2	200	therapycise.co.uk	76.4KB		141ms				
footer_pattern.png	200	therapycise.co.uk	62.8KB		52ms				
js?id=AW-11085729941&l...	200	googletagmanager.c...	78.4KB		34ms				
11085729941?random=17...	200	googleads.g.doublec...	1.29KB		48ms				
11085729941?random=17...	200	google.com	42B		34ms				
11085729941?random=17...	200	google.co.uk	42B		37ms				
POST ?wc-ajax=get_refre...	200	therapycise.co.uk	127B					988ms	
chimes.mp3	206	therapycise.co.uk	23.5KB		199ms				
media-carousel.1d2fb1c2...	200	therapycise.co.uk	1.86KB		182ms				
video.fea4f8dfd17262f23...	200	therapycise.co.uk	1.21KB		179ms				
text-editor.2c35aafbe5bf0...	200	therapycise.co.uk	601B		165ms				
animated-headline.fc85cf...	200	therapycise.co.uk	2.55KB		130ms				
swiper.min.js?ver=5.3.6	200	therapycise.co.uk	33.2KB		81ms				
iframe_api	200	youtube.com	1.93KB		59ms				
www-widgetapi.js	200	youtube.com	66.7KB		21ms				
QcYPSAKw620?controls...	200	youtube.com	37.1KB		101ms				
www-player.css	200	youtube.com	46.8KB		64ms				
embed.js	200	youtube.com	17.6KB		12ms				
www-embed-player.js	200	youtube.com	95.0KB		66ms				
base.js	200	youtube.com	778KB		183ms				
KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	15.0KB		97ms				
KFOICnqEu92Fr1MmEU9f...	200	fonts.gstatic.com	15.2KB		100ms				
id	302	googleads.g.doublec...	0					30ms	
id?slf_rd=1	302	googleads.g.doublec...	0					29ms	
ad_status.js	200	static.doubleclick.net	29B					47ms	
POST Create	200	jnn-pa.googleapis.com	40.0KB					64ms	
OPTIONS Create	200	jnn-pa.googleapis.com	0					35ms	
remote.js	200	youtube.com	33.1KB					14ms	
QlgJXITW_och5BKR4VvT...	200	google.com	19.4KB					23ms	
maxresdefault.jpg?sqp=-...	200	i.ytimg.com	82.5KB					92ms	
Aldro_laCX52zX_e82Ingl...	200	yt3.ggpht.com	4.25KB					60ms	
id?slf_rd=1	200	googleads.g.doublec...	120B					18ms	
POST GenerateIT	200	jnn-pa.googleapis.com	134B					32ms	
OPTIONS GenerateIT	200	jnn-pa.googleapis.com	0					14ms	
cast_sender.js	200	gstatic.com	1.96KB					53ms	
generate_204?kEtMqg	204	youtube.com	0					4ms	
cast_sender.js	200	gstatic.com	15.0KB					9ms	
cropped-WhatsApp-Imag...	200	therapycise.co.uk	602B					117ms	
POST log_event?alt=json...	200	youtube.com	50B						18ms
111 Requests		5.38MB (13.1MB Uncompressed)			Fully Loaded 6.7s (Onload 5s)				



Performance Metrics

<p>First Contentful Paint</p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Much longer than recommended</p> <p>2.1s</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>OK, but consider improvement</p> <p>2.9s</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Much longer than recommended</p> <p>5.8s</p>	<p>Total Blocking Time</p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p>0ms</p>
<p>Largest Contentful Paint</p> <p>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.</p>	<p>Much longer than recommended</p> <p>4.1s</p>	<p>Cumulative Layout Shift</p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p>0.01</p>

Browser Timings

Redirect	759ms	Connect	92ms	Backend	819ms
TTFB	1.7s	First Paint	2.1s	DOM Int.	2.9s
DOM Loaded	2.9s	Onload	5.0s	Fully Loaded	6.7s

IMPACT AUDIT

Med-Low

Lazy load third-party resources with facades TBT

1 facade alternative available

Some third-party embeds can be lazy loaded. Consider replacing them with a facade until they are required.

PRODUCT	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
YouTube Embedded Player (Video)	1.14MB	0ms
https://www.youtube.com/s/player/c48a9559/player_ias.vflset/en_US/base.js	778KB	0ms
https://www.youtube.com/s/player/c48a9559/www-embed-player.vflset/www-embed-player.js	95.1KB	0ms
https://i.ytimg.com/vi/QcYPSAKw620/maxresdefault.jpg?sqp=-oaymwEmCIAKENAF8quKqQMa8AEB-AH-CYAC0AWKAgwIABABGGUgZShiMA8=&rs=AOn4CLDigJS2wpHQ1yLccYsH6yoT-s7I1w	82.9KB	0ms
https://www.youtube.com/s/player/c48a9559/www-widgetapi.vflset/www-widgetapi.js	67.0KB	0ms
https://www.youtube.com/s/player/c48a9559/www-player.css	47.1KB	0ms
Other resources	94.5KB	0ms

Med-Low

Avoid CSS @import FCP LCP

1 resource found

Using CSS @import in an external stylesheet can add additional delays during the loading of a web page.

STYLESHEETS WITH @IMPORT STATEMENTS AND THE STYLESHEETS THEY IMPORT

- <https://therapycise.co.uk/wp-content/uploads/pum/pum-site-styles.css?generated=1707547868&ver=1.18.2>
- <https://fonts.googleapis.com/css?family=Montserrat:100>

Low

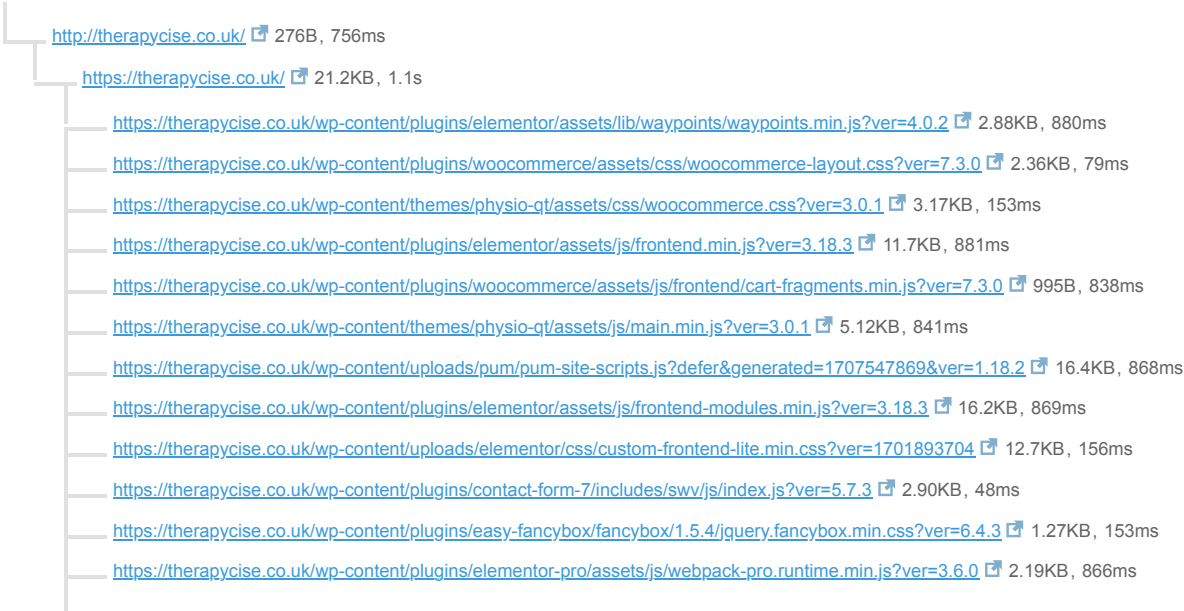
Avoid chaining critical requests FCP LCP

52 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: **2.8s**

INITIAL NAVIGATION



<https://therapycise.co.uk/wp-includes/js/underscore.min.js?ver=1.13.4> 7.09KB, 840ms

<https://therapycise.co.uk/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=7.3.0> 8.30KB, 115ms

<https://therapycise.co.uk/wp-content/plugins/easy-fancybox/vendor/jquery.mousewheel.min.js?ver=3.1.13> 1.09KB, 860ms

<https://therapycise.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1> 4.63KB, 155ms

<https://therapycise.co.uk/wp-content/uploads/elementor/css/custom-pro-frontend-lite.min.css?ver=1701893704> 1.50KB, 154ms

<https://therapycise.co.uk/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.7.3> 3.91KB, 48ms

<https://fonts.googleapis.com/css?family=Roboto%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic> 1.99KB, 41ms

<https://therapycise.co.uk/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0> 33.9KB, 890ms

<https://therapycise.co.uk/wp-content/plugins/elementor-pro/assets/js/frontend.min.js?ver=3.6.0> 5.17KB, 880ms

<https://therapycise.co.uk/wp-content/uploads/elementor/css/post-7858.css?ver=1705405060> 1.14KB, 154ms

<https://therapycise.co.uk/wp-content/themes/physio-qt/assets/js/bootstrap.min.js?ver=3.4.1> 7.24KB, 839ms

<https://therapycise.co.uk/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.7.3> 0.98KB, 78ms

<https://therapycise.co.uk/wp-content/plugins/woocommerce/assets/js/js-cookie/js.cookie.min.js?ver=2.1.4-wc.7.3.0> 960B, 836ms

<https://therapycise.co.uk/wp-includes/js/dist/i18n.min.js?ver=7701b0c3857f914212ef> 3.59KB, 880ms

<https://therapycise.co.uk/wp-includes/js/dist/hooks.min.js?ver=c6aec9a8d4e5a5d543a1> 1.53KB, 879ms

<https://therapycise.co.uk/wp-content/themes/physio-qt/style.css?ver=3.0.1> 15.5KB, 134ms

<https://therapycise.co.uk/wp-content/plugins/elementor/assets/js/webpack.runtime.min.js?ver=3.18.3> 2.14KB, 866ms

<https://therapycise.co.uk/wp-content/plugins/woocommerce/assets/js/frontend/add-to-cart.min.js?ver=7.3.0> 1.03KB, 61ms

<https://therapycise.co.uk/wp-includes/js/imagesloaded.min.js?ver=5.0.0> 1.73KB, 865ms

<https://therapycise.co.uk/wp-content/plugins/elementor/assets/lib/swiper/css/swiper.min.css?ver=5.3.6> 2.21KB, 154ms

<https://therapycise.co.uk/wp-content/plugins/easy-fancybox/fancybox/1.5.4/jquery.fancybox.min.js?ver=6.4.3> 5.30KB, 856ms

<https://therapycise.co.uk/wp-content/uploads/elementor/css/custom-frontend-legacy.min.css?ver=3.18.3> 669B, 153ms

<https://therapycise.co.uk/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0> 2.41KB, 872ms

<https://therapycise.co.uk/wp-content/plugins/elementor-pro/assets/css/widget-carousel.min.css> 2.82KB, 43ms

<https://therapycise.co.uk/wp-content/plugins/restrict-content-pro/includes/js/jquery.blockUI.js?ver=3.5.12> 6.19KB, 53ms

<https://therapycise.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1> 29.2KB, 156ms

<https://therapycise.co.uk/wp-content/uploads/elementor/css/post-14.css?ver=1701893704> 400B, 154ms

<https://therapycise.co.uk/wp-content/themes/physio-qt/assets/css/bootstrap.css?ver=1> 16.4KB, 136ms

<https://therapycise.co.uk/wp-content/plugins/elementor-pro/assets/css/widget-animated-headline.min.css> 1.98KB, 47ms

<https://therapycise.co.uk/wp-content/plugins/easy-fancybox/vendor/jquery.easing.min.js?ver=1.4.1> 794B, 857ms

<https://therapycise.co.uk/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2> 2.37KB, 870ms

<https://therapycise.co.uk/wp-content/plugins/woocommerce/assets/js/frontend/woocommerce.min.js?ver=7.3.0> 738B, 837ms

<https://therapycise.co.uk/wp-includes/js/jquery/ui/core.min.js?ver=1.13.2> 6.74KB, 861ms

<https://therapycise.co.uk/wp-content/plugins/elementor-pro/assets/js/elements-handlers.min.js?ver=3.6.0> 5.20KB, 882ms

<https://therapycise.co.uk/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=5.25.0> 3.68KB, 153ms

<https://therapycise.co.uk/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.25.0> 93.2KB, 69ms

<https://therapycise.co.uk/wp-content/uploads/pum/pum-site-styles.css?generated=1707547868&ver=1.18.2> 3.12KB, 155ms

<https://fonts.googleapis.com/css?family=Montserrat:100> 632B, 19ms

<https://therapycise.co.uk/wp-content/themes/physio-qt/assets/icons/fontawesome/css/all.min.css?ver=1> 12.2KB, 116ms

<https://therapycise.co.uk/wp-content/themes/physio-qt/assets/icons/fontawesome/webfonts/fa-regular-400.woff2> 13.0KB, 47ms

<https://therapycise.co.uk/wp-content/themes/physio-qt/assets/icons/fontawesome/webfonts/fa-solid-900.woff2> 76.5KB, 73ms

<https://fonts.googleapis.com/css?family=Open+Sans%3A400%2C700%7CNunito%3A400%2C700&subset=latin%2Clatin-ext> 1.76KB, 45ms

<https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2VnXBbObj2OVTS-muw.woff2> 47.6KB, 38ms

Low **Eliminate render-blocking resources** FCP LCP Potential savings of 72ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
https://fonts.googleapis.com/css?family=Open+Sans%3A400%2C700%7CNunito%3A400%2C700&subset=latin%2Clatin-ext	1.76KB	785ms
https://therapycise.co.uk/wp-content/themes/physio-qt/assets/icons/fontawesome/css/all.min.css?ver=1	12.2KB	373ms
https://therapycise.co.uk/wp-content/themes/physio-qt/assets/css/bootstrap.css?ver=1	16.4KB	186ms
https://therapycise.co.uk/wp-content/themes/physio-qt/style.css?ver=3.0.1	15.5KB	186ms
https://therapycise.co.uk/wp-content/uploads/elementor/css/custom-front-end-lite.min.css?ver=1701893704	12.7KB	186ms
https://therapycise.co.uk/wp-content/uploads/pum/pum-site-styles.css?generated=1707547868&ver=1.18.2	3.12KB	186ms
https://fonts.googleapis.com/css?family=Roboto%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic&display=auto&ver=6.4.3	1.99KB	161ms
https://therapycise.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	29.2KB	373ms

Low **Avoid an excessive DOM size** TBT 720 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		720
Maximum DOM Depth	Mindset 	24
Maximum Child Elements	body.home <body class="home page-template page-template-template-front-jumbtron page-template-tem..." data-elementor-device-mode="desktop">	48

Low **Serve images in next-gen formats** Potential savings of 2.88MB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://therapycise.co.uk/wp-content/uploads/2023/03/TVK-010323.png	1.70MB	1.58MB
https://therapycise.co.uk/wp-content/uploads/2022/11/positive-1024x1024.png	696KB	637KB
https://therapycise.co.uk/wp-content/uploads/2023/02/google-ad-image.png	379KB	313KB
https://therapycise.co.uk/wp-content/uploads/2023/03/Client-Testimonial.png	221KB	152KB
https://therapycise.co.uk/wp-content/uploads/2023/02/google-ad-image-600x338.png	105KB	87.4KB
https://therapycise.co.uk/wp-content/uploads/2023/03/THERAPYCISE-TOOLKIT-IMAGES.png	108KB	62.1KB
https://therapycise.co.uk/wp-content/uploads/2022/01/footer_pattern.png	62.8KB	61.3KB
https://therapycise.co.uk/wp-content/uploads/2023/03/Therapycise-Logo-New-768x841.jpg	34.5KB	18.0KB

Low **Properly size images** Potential savings of 345KB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://therapycise.co.uk/wp-content/uploads/2023/02/google-ad-image.png	379KB	345KB

Low **Ensure text remains visible during webfont load** FCP LCP 3 fonts found

Leverage the `font-display` CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
https://fonts.gstatic.com/s/nunito/v26/XRXV3l6Li01BKoflNeaB.woff2	40ms
https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2	38ms
https://therapycise.co.uk/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.25.0	69ms

Low **Avoid long main-thread tasks** TBT 2 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
https://therapycise.co.uk/	1.9s	91ms
https://www.googletagmanager.com/gtag/js?id=AW-11085729941&I=dataLayer&cx=c	2.3s	50ms

Low **Avoid multiple page redirects** FCP LCP Potential savings of 756ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
http://therapycise.co.uk/	756ms
https://therapycise.co.uk/	0ms

Low **Reduce JavaScript execution time** TBT 213ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• https://therapycise.co.uk/	331ms	6ms	3ms
• Unattributable	321ms	17ms	0ms
• https://therapycise.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	147ms	133ms	1ms
• https://www.googletagmanager.com/gtag/js?id=AW-11085729941&l=dataLayer&cx=c	51ms	46ms	3ms

Low

Reduce unused CSS FCP LCP

Potential savings of 54.1KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://therapycise.co.uk/wp-content/themes/physio-qt/assets/css/bootstrap.css?ver=1	16.4KB	15.7KB
• https://therapycise.co.uk/wp-content/themes/physio-qt/style.css?ver=3.0.1	15.5KB	14.3KB
• https://therapycise.co.uk/wp-content/uploads/elementor/css/custom-frontend-lite.min.css?ver=1701893704	12.7KB	12.1KB
• https://therapycise.co.uk/wp-content/themes/physio-qt/assets/icons/fontawesome/css/all.min.css?ver=1	12.2KB	12.0KB

Low

Defer offscreen images

Potential savings of 2.22MB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://therapycise.co.uk/wp-content/uploads/2023/03/TVK-010323.png	1.70MB	1.42MB
https://therapycise.co.uk/wp-content/uploads/2023/02/google-ad-image.png	379KB	315KB
https://therapycise.co.uk/wp-content/uploads/2023/03/Client-Testimonial.png	221KB	221KB
https://therapycise.co.uk/wp-content/uploads/2023/03/THERAPYCISE-TOOLKIT-IMAGES.png	108KB	108KB
https://therapycise.co.uk/wp-content/uploads/2022/01/footer_pattern.png	62.8KB	62.8KB
https://therapycise.co.uk/wp-content/uploads/2023/03/Therapycise-Logo-New-768x841.jpg	34.5KB	34.5KB
https://therapycise.co.uk/wp-content/uploads/2023/03/excellence.jpg	18.1KB	18.1KB
https://therapycise.co.uk/wp-content/uploads/2023/03/success-leaves-clues.jpg	16.0KB	16.0KB
https://therapycise.co.uk/wp-content/uploads/2023/03/therapycise.jpg	15.7KB	15.7KB
https://therapycise.co.uk/wp-content/uploads/2023/03/circumstances.jpg	15.5KB	15.5KB
https://therapycise.co.uk/wp-content/uploads/2023/03/sign.jpg	15.2KB	15.2KB

Low

Minify CSS FCP LCP

Potential savings of 6.31KB

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://therapycise.co.uk/wp-content/themes/physio-qt/style.css?ver=3.0.1	15.5KB	3.46KB
• https://therapycise.co.uk/wp-content/themes/physio-qt/assets/css/bootstrap.css?ver=1	16.4KB	2.85KB

Low

Minify JavaScript FCP LCP

Potential savings of 2.68KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://therapycise.co.uk/wp-content/plugins/restrict-content-pro/includes/js/jquery.blockUI.js?ver=3.5.12	6.19KB	2.68KB

Low

Reduce unused JavaScript LCP

Potential savings of 116KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.youtube.com/s/player/c48a9559/www-widgetapi.vflset/www-widgetapi.js	67.0KB	47.5KB
https://www.googletagmanager.com/gtag/js?id=G-Y61BZXLY6E	80.8KB	38.5KB
https://www.googletagmanager.com/gtag/js?id=AW-11085729941&l=dataLayer&cx=c	78.5KB	29.7KB

N/A

Largest Contentful Paint element LCP

4,100 ms

This is the largest contentful element painted within the viewport.

ELEMENT

```
div.elementor-main-swiper > div.swiper-wrapper > div.swiper-slide > div.elementor-carousel-image
<div class="elementor-carousel-image" style="background-image: url(&quot;https://therapycise.co.uk/wp-content/uploads/2023/02...&quot;); ">
```

PHASE	% OF LCP	TIMING
TTFB	41%	1.7s
Load Delay	7%	290ms
Load Time	49%	2.0s
Render Delay	3%	121ms

N/A

Avoid serving legacy JavaScript to modern browsers TBT

Potential savings of 6.00KB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
https://therapycise.co.uk/wp-content/uploads/pum/pum-site-scripts.js?defer&generated=1707547869&ver=1.18.2	5.96KB
Line:6 Column:719 https://therapycise.co.uk/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2	Date.now
Line:0 Column:452	@babel/plugin-transform-classes

N/A

Avoid large layout shifts CLS

4 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
Follow us on Facebook <code><div class="featured-button hidden-xs hidden-sm"></code>	0.00
Your cost effective Wellbeing SOLUTION <code></code>	0.00
So what is the Therapycise Method? <code></code>	0.00
Do YOU want these outcomes? <code></code>	0.00

N/A **Minimize main-thread work** TBT Main-thread busy for 1.1s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Other	431ms
Script Evaluation	398ms
Style & Layout	180ms
Parse HTML & CSS	46ms
Script Parsing & Compilation	34ms
Rendering	27ms
Garbage Collection	5ms

N/A **Reduce the impact of third-party code** TBT Total size was 1.49MB

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
YOUTUBE	1.14MB	0ms
• https://www.youtube.com/s/player/c48a9559/player_ias.vflset/en_US/base.js	778KB	0ms
• https://www.youtube.com/s/player/c48a9559/www-embed-player.vflset/www-embed-player.js	95.1KB	0ms
• https://i.ytimg.com/vi/QcYPSAKw620/maxresdefault.jpg?sqp=-oaymwEmCIAKENAF8quKgQMa8AEB-AH-CYAC0AWKAgwIABABGGUgZShiMA8=&rs=AO4CLDigJS2wpHQ1ylccYsH6yoT-s7I1w	82.9KB	0ms
• https://www.youtube.com/s/player/c48a9559/www-widgetapi.vflset/www-widgetapi.js	67.0KB	0ms
• Other resources	142KB	0ms
GOOGLE TAG MANAGER	159KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-Y61BZXLY6E	80.8KB	0ms
• https://www.googletagmanager.com/gtag/js?id=AW-11085729941&l=dataLayer&cx=c	78.5KB	0ms
GOOGLE FONTS	121KB	0ms
• https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2	47.6KB	0ms
• https://fonts.gstatic.com/s/nunito/v26/XRXV3I6Li01BKoflNeaB.woff2	38.3KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCnqEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOICnqEu92Fr1MmEU9fBBc4.woff2	15.3KB	0ms
OTHER GOOGLE APIS/SDKS	61.2KB	0ms
• https://jnn-pa.googleapis.com/\$rpc/google.internal.waa.v1.Waa/Create	40.2KB	0ms
• https://www.google.com/js/th/QLgJXITW_och5BKR4VvT459F7KnrK51w4wqraUAmDYI.js	19.9KB	0ms
GOOGLE CDN	17.8KB	0ms
• https://www.gstatic.com/eureka/clank/117/cast_sender.js	15.4KB	0ms
GOOGLE/DOUBLECLICK ADS	3.01KB	0ms

N/A

User Timing marks and measures

No user timings and/or marks found.