

Review of Womenshealthmag.com

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Introduction

This report provides a review of the key factors that influence the SEO and usability of your website.

The homepage rank is a grade on a 100-point scale that represents your Internet Marketing Effectiveness. The algorithm is based on 70 criteria including search engine data, website structure, site performance and others. A rank lower than 40 means that there are a lot of areas to improve. A rank above 70 is a good mark and means that your website is probably well optimized.

Internal pages are ranked on a scale of A+ through E and are based on an analysis of nearly 30 criteria.

Our reports provide actionable advice to improve a site's business objectives.

Please contact us for more information.

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Search Engine Optimization

Mobile

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Usability

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Good



To Improve



Errors



Not Important



Hard to solve







Little tough to solve



Easy to solve







No action necessary

 **Title Tag**    Women's Health - Fitness, Nutrition, Sex, and Weight Loss Tips for Women
Length: 72 character(s)

Ideally, your title tag should contain between 10 and 70 characters (spaces included).

Make sure your title is explicit and contains your most important keywords.

Be sure that each page has a unique title.


 **Meta Description**    Women's Health is your go-to destination for new workouts, legit nutrition advice and weight loss tips, the latest health news, healthy recipes, and more.
Length: 154 character(s)

Meta descriptions contains between 100 and 300 characters (spaces included).

It allow you to influence how your web pages are described and displayed in search results.

Ensure that all of your web pages have a unique meta description that is explicit and contains your most important keywords (these appear in bold when they match part or all of the user's search query).

A good meta description acts as an organic advertisement, so use enticing messaging with a clear call to action to maximize click-through rate.

 **Meta Keywords**    No Keywords

Meta Keywords are a specific type of meta tag that appear in the HTML code of a Web page and help tell search engines what the topic of the page is.

However, google can't use meta keywords.

[Women's Health - Fitness, Nutrition, Sex, and Weight Loss Tips for Women
womenshealthmag.com/](https://womenshealthmag.com/)

Women's Health is your go-to destination for new workouts, legit nutrition advice and weight loss tips, the latest health news, healthy recipes, and more.

This is an example of what your Title Tag and Meta Description will look like in Google search results.

While Title Tags & Meta Descriptions are used to build the search result listings, the search engines may create their own if they are missing, not well written, or not relevant to the content on the page.

Title Tags and Meta Descriptions are cut short if they are too long, so it's important to stay within the suggested character limits.

✓ Headings
⚙⚙⚙

<H1>	<H2>	<H3>	<H4>	<H5>	<H6>
1	11	64	6	0	0

<H2> How To Work Out Less, See More Gains </H2>

<H2> Fitness </H2>

<H2> Beauty </H2>

<H2> Power Up Your Inbox </H2>

<H2> A Healthier, Happier Life </H2>

<H2> Strength Starts Here </H2>

<H2> Health </H2>

<H2> Add To Cart </H2>

<H2> Life </H2>

<H2> Weight Loss </H2>

<H2> Sex & Love </H2>

<H3> 'At 80 Years Old, This Is The Exact Strength Routine I Follow To Stay Fit And Healthy' </H3>

<H3> How To Train Your Brain To Love Exercise </H3>

<H3> WNBA's Cheyenne Parker-Tyus On Her 2nd Pregnancy </H3>

<H3> Why Resistance Training Helps With Aging </H3>

<H3> How Jan Todd Redefined Strength Training For Women </H3>

<H3> The Moment That Changed Christie Brinkley's Health </H3>

<H3> Lili Reinhart And Lizzy McAlpine On Mental Health </H3>

<H3> Chrissy Teigen On Her Son's T1D Diagnosis </H3>

<H3> How Finding A Female Doctor Helped Selma Blair </H3>

<H3> A Trainer Says This Is A Sign Your Workout Is Actually Too Long </H3>

<H3> Your Heart Rate When You Walk Vs. Run </H3>

<H3> Should You Do 100 Kettlebell Swings A Day? </H3>

<H3> 'I Grew Muscle In Menopause With This Workout' </H3>

<H3> 'How I Overcame Paralysis And Ran A Half-Marathon' </H3>

<H3> For Sylvia Fowles, Life After WNBA Involves Death </H3>

<H3> All About The WTA's Game-Changing New Rule </H3>

<H3> How Kate Martin Became Most Wanted In The WNBA </H3>

<H3> Your Guide To Every Women's Sports Bar In America </H3>

<H3> The Anatomy Of The Ideal Summer Moisturizer </H3>

<H3> Best Face Sunscreens, Tested By An Editor </H3>

<H3> We Tried The New Cocokind Calming Magnesium Mist </H3>

<H3> 7 Best Kojic Acid Soaps, Tested </H3>

<H3> 6 Best Spray Sunscreens, Per Dermatologists </H3>

<H3> Hoka Clifton 10 Review: The Perfect Walking Companion During My Stress Fracture Healing Journey </H3>

<H3> The Best Walking Shoes June Deals 2025 </H3>

<H3> Walking For Just 5 Minutes Does This To Your Brain </H3>

<H3> The 10 Best Walking Shoes For Women </H3>

<H3> How Walking Duration Affects Your Body </H3>

<H3> Get The Exclusive WH+ 4-Week Walking Plan </H3>

<H3> This 7-Day Abs Challenge Will Strengthen Your Core </H3>

<H3> Join The Women's Health+ Ultimate HIIT Challenge </H3>

<H3> Your 6-Week Glute Gains Challenge </H3>

<H3> The Women's Health 2025 Sneaker Awards Winners Are Here </H3>

<H3> Crush Your First Pull-Up With The WH Ultimate Pull-Up Plan </H3>

<H3> How To Do A Pull-Up In 3 Simple Phases </H3>

<H3> 5 Warm-Up Moves To Do Before Pull-Ups </H3>

<H3> 10-Minute, Dumbbell-Only Pull-Up Workout </H3>

<H3> This Dumbbell Workout Is A Serious Biceps Burn </H3>

<H3> How To Stop A Migraine From Ruining Your Big Day </H3>

<H3> What Lifting 11Lbs May Say About Your Health </H3>

<H3> I Ran A Marathon After My Mom Got Dementia At 63 </H3>

<H3> This Everyday Drink Was Just Linked to Longevity </H3>

<H3> How Bone Health Became A Trendy Health Hack </H3>

<H3> 'This Workout Improved My Thyroid Symptoms' </H3>

<H3> 'I Walked Outside Every Morning For 30 Days' </H3>

<H3> 'My Heart Attack Transformed My Fitness Routine' </H3>

<H3> 'I Ran A Marathon After A Heart Transplant At 46' </H3>

<H3> The 9 Best Fitness Trackers For Women, Tested And Reviewed By Fitness Editors </H3>

<H3> Take Hundreds Off Saatva Mattresses June 2025 </H3>

<H3> The Best On Shoes For Walking </H3>

<H3> The Best Summer Sneakers For Women </H3>

<H3> The Best High-Impact Sports Bras, Per Trainers </H3>

<H3> How Much Do Dallas Cowboys Cheerleaders Make? </H3>

<H3> How To Do The Viral 5-Minute Clean Routine </H3>

<H3> What's It Really Like To Be A Matchmaker? </H3>

<H3> How Does Going En Pointe Affect The Feet? </H3>

<H3> Is The 30-30-30 Method Legit For Weight Loss? </H3>

<H3> This Is How Alcohol Affects Weight Loss </H3>

<H3> What Your Body Composition Says About Your Health </H3>

<H3> Atkins Vs. The Keto Diet: What's The Difference? </H3>

<H3> How To Master The Cowgirl Sex Position </H3>

<H3> Lelo's Best-Selling Vibrators Are On Sale RN </H3>

<H3> Here's Why You're Bleeding After Sex </H3>

<H3> The 7 Best Vibrators Of 2025, Reviewed </H3>

<H4> Abigail Cuffey </H4>

<H4> Jacqueline Andriakos, NASM-CPT </H4>

<H4> Amanda Lucci, NASM-CPT </H4>

<H4> Brian Underwood </H4>

<H4> Christian Gollayan </H4>

<H4> Lindsay Geller </H4>

Use your keywords in the headings and make sure the first level (H1) includes your most important keywords. Never duplicate your title tag content in your header tag.

While it is important to ensure every page has an H1 tag, never include more than one per page. Instead, use multiple H2 - H6 tags.

Keywords Cloud

health 17 best 15 women's 12 hearst 11 woman 11
york 10 walking 10 fitness 9 korin 8 magazines 8
have 6 workout 6 continue 6 sports 6 reading 6

This Keyword Cloud provides an insight into the frequency of keyword usage within the page.

It's important to carry out keyword research to get an understanding of the keywords that your audience is using. There are a number of keyword research tools available online to help you choose which keywords to target.

Keyword Consistency

Keywords	Freq	Title	Desc	<H>
health	17	✓	✓	✓
best	15	✗	✗	✓
women's	12	✓	✓	✓
hearth	11	✗	✗	✗
woman	11	✗	✗	✗
york	10	✗	✗	✗
walking	10	✗	✗	✓
fitness	9	✓	✗	✓
korin	8	✗	✗	✗
magazines	8	✗	✗	✗
have	6	✗	✗	✗
workout	6	✗	✓	✓
continue	6	✗	✗	✗
sports	6	✗	✗	✓
reading	6	✗	✗	✗

This table highlights the importance of being consistent with your use of keywords.

To improve the chance of ranking well in search results for a specific keyword, make sure you include it in some or all of the following: page URL, page content, title tag, meta description, header tags, image alt attributes, internal link anchor text and backlink anchor text.



Alt Attribute



We found 87 images on this web page

✓ No ALT attributes are empty or missing.

Alternative text is used to describe images to give the search engine crawlers (and the visually impaired).

Also, more information to help them understand images, which can help them to appear in Google Images search results.



Text/HTML Ratio



HTML to Text Ratio is: **1.49%**

Text content size 8755 bytes

Total HTML size 588728 bytes

Code to text ratio represents the percentage of actual text on a web page compared to the percentage of HTML code, and it is used by search engines to calculate the relevancy of a web page.

A higher code to text ratio will increase your chances of getting a better rank in search engine results.



GZIP compression







Wow! It's GZIP Enabled.

✓ Your webpage is compressed from 575 KB to 103 KB (82 % size savings)

Gzip is a method of compressing files (making them smaller) for faster network transfers.





It allows to reduce the size of web pages and any other typical web files to about 30% or less of its original size before it transfer.

 **IP Canonicalization** No your domain IP 151.101.128.155 does not redirect to womenshealthmag.com
  

To check this for your website, enter your IP address in the browser and see if your site loads with the IP address.
Ideally, the IP should redirect to your website's URL or to a page from your website hosting provider.
If it does not redirect, you should do an htaccess 301 redirect to make sure the IP does not get indexed.

 **URL Rewrite** Good, all URLs look clean and friendly
  

Your site's URLs contain unnecessary elements that make them look complicated.
A URL must be easy to read and remember for users. Search engines need URLs to be clean and include your page's most important keywords.
Clean URLs are also useful when shared on social media as they explain the page's content.

 **Underscores in the URLs** Oh no, you are using underscores (these_are_underscores) in your URLs
  

Great, you are not using ?underscores (these_are_underscores) in your URLs.
While Google treats hyphens as word separators, it does not for underscores.

✓ **WWW Resolve** Great, a redirect is in place to redirect traffic from your non-preferred domain.



Redirecting requests from a non-preferred domain is important because search engines consider URLs with and without "www" as two different websites.

✓ **XML Sitemap** Good, you have XML Sitemap file!



<http://womenshealthmag.com/sitemap.xml>

A robots.txt file allows you to restrict the access of search engine robots that crawl the web and it can prevent these robots from accessing specific directories and pages. It also specifies where the XML sitemap file is located.

You can check for errors in your robots.txt file using Google Search Console (formerly Webmaster Tools) by selecting 'Robots.txt Tester' under 'Crawl'. This also allows you to test individual pages to make sure that Googlebot has the appropriate access.

✓ **Robots.txt** Good, you have Robots.txt file!



<http://womenshealthmag.com/robots.txt>

A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.

We recommend that you generate an XML sitemap for your website and submit it to both Google Search Console and Bing Webmaster Tools. It is also good practice to specify your sitemap's location in your robots.txt file.



Embedded Objects

Perfect, no embedded objects has been detected on this page



Embedded Objects such as Flash. It should only be used for specific enhancements.

Although Flash content often looks nicer, it cannot be properly indexed by search engines.

Avoid full Flash websites to maximize SEO.



Iframe

Perfect, no Iframe content has been detected on this page



Frames can cause problems on your web page because search engines will not crawl or index the content within them.

Avoid frames whenever possible and use a NoFrames tag if you must use them.



Domain Registration

Exactly how many years and months



Domain Age: 21 Years, 62 Days

Created Date: 21st-Apr-2004

Updated Date: 17th-Apr-2025

Expiry Date: 21st-Apr-2026

Domain age matters to a certain extent and newer domains generally struggle to get indexed and rank high in search results for their first few months (depending on other associated ranking factors). Consider buying a second-hand domain name.

Do you know that you can register your domain for up to 10 years? By doing so, you will show the world that you are serious about your business.



Indexed Pages



Indexed pages in search engines

0 Page(s)

This is the number of pages that we have discovered on your website.

A low number can indicate that bots are unable to discover your webpages, which is a common cause of a bad site architecture & internal linking, or you're unknowingly preventing bots and search engines from crawling & indexing your pages.



Backlinks Counter



Number of backlinks to your website

0 Backlink(s)

Backlinks are links that point to your website from other websites. They are like letters of recommendation for your site.

Since this factor is crucial to SEO, you should have a strategy to improve the quantity and quality of backlinks.



URL

<http://womenshealthmag.com>
Length: 15 characters

Keep your URLs short and avoid long domain names when possible.

A descriptive URL is better recognized by search engines.

A user should be able to look at the address bar and make an accurate guess about the content of the page before reaching it (e.g., <http://www.mysite.com/en/products>).



Favicon

 Great, your website has a favicon.

Favicons improve a brand's visibility.

As a favicon is especially important for users bookmarking your website, make sure it is consistent with your brand.



Custom 404 Page

Great, your website has a custom 404 error page.

When a visitor encounters a 404 File Not Found error on your site, you're on the verge of losing the visitor that you've worked so hard to obtain through the search engines and third party links.

Creating your custom 404 error page allows you to minimize the number of visitors lost that way.



Page Size



575 KB (World Wide Web average is 320 Kb)

Two of the main reasons for an increase in page size are images and JavaScript files.

Page size affects the speed of your website; try to keep your page size below 2 Mb.

Tip: Use images with a small size and optimize their download with gzip.



Load Time



0.21 second(s)

Site speed is an important factor for ranking high in Google search results and enriching the user experience.

Resources: Check out Google's developer tutorials for tips on how to make your website run faster.



Language



Good, you have declared your language
Declared Language: EN-US

Make sure your declared language is the same as the language detected by Google

Also, define the language of the content in each page's HTML code.

Domain Availability

Domains (TLD)	Status
womenshealthmag.net	Already Registered
womenshealthmag.org	Already Registered
womenshealthmag.biz	Already Registered
womenshealthmag.us	Already Registered
womenshealthmag.info	Already Registered

Register the various extensions of your domain to protect your brand from cybersquatters.

Typo Availability

Domains (TLD)	Status
qomenshealthmag.com	Available
aomenshealthmag.com	Available
somenshealthmag.com	Available
domenshealthmag.com	Available
eomenshealthmag.com	Available

Register the various typos of your domain to protect your brand from cybersquatters.



Email Privacy



Good, no email address has been found in plain text.

We don't recommend adding plain text/linked email addresses to your webpages.

As malicious bots scrape the web in search of email addresses to spam. Instead, consider using a contact form.



Safe Browsing



The website is not blacklisted and looks safe to use.

Safe Browsing to identify unsafe websites and notify users and webmasters so they can protect themselves from harm.



Mobile Friendliness



Oh No! This page is not mobile-friendly.
Your mobile friendly score is 0/100

Mobile Friendliness refers to the usability aspects of your mobile website, which Google uses as a ranking signal in mobile search results.



Mobile Compatibility



Perfect, no embedded objects detected.

Embedded Objects such as Flash, Silverlight or Java. It should only be used for specific enhancements.

But avoid using Embedded Objects, so your content can be accessed on all devices.



Mobile View



The number of people using the Mobile Web is huge; over 75 percent of consumers have access to smartphones. ??

Your website should look nice on the most popular mobile devices.

Tip: Use an analytics tool to track mobile usage of your website.

Server IP



Server IP	Server Location	Service Provider
151.101.192.155	Not Available	Not Available

Your server's IP address has little impact on your SEO. Nevertheless, try to host your website on a server which is geographically close to your visitors.

Search engines take the geolocation of a server into account as well as the server speed.

Speed Tips



Tips for authoring fast-loading HTML pages:

- ✓ Perfect, your website has few CSS files.
- ✗ Too bad, your website has too many JavaScript files.
- ✓ Perfect, your website doesn't use nested tables.
- ✗ Too bad, your website is using inline styles.

Website speed has a huge impact on performance, affecting user experience, conversion rates and even rankings.

By reducing page load-times, users are less likely to get distracted and the search engines are more likely to reward you by ranking your pages higher in the SERPs.

Conversion rates are far higher for websites that load faster than their slower competitors.

Analytics



We didn't detect an analytics tool installed on this website.

Web analytics let you measure visitor activity on your website.

You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.



Doc Type

Your Web Page doctype is HTML 5



The Doctype is used to instruct web browsers about the document type being used.

For example, what version of HTML the page is written in.

Declaring a doctype helps web browsers to render content correctly.



W3C Validity

W3C not validated



W3C is a consortium that sets web standards.

Using valid markup that contains no errors is important because syntax errors can make your page difficult for search engines to index.

Run the W3C validation service whenever changes are made to your website's code.



Encoding

Great, language/character encoding is specified: UTF-8



Specifying language/character encoding can prevent problems with the rendering of special characters.

Social Data

Your social media status

 Facebook:  Womenshealthmagazine

 Twitter:  Womenshealthmag

 Instagram:  Womenshealthmag

Social data refers to data individuals create that is knowingly and voluntarily shared by them.

Cost and overhead previously rendered this semi-public form of communication unfeasible.

But advances in social networking technology from 2004-2010 has made broader concepts of sharing possible.



Traffic Rank



No Global Rank

A low rank means that your website gets a lot of visitors.

Your Alexa Rank is a good estimate of the worldwide traffic to your website, although it is not 100 percent accurate.



Visitors Localization



Your website is popular on following countries:

Popularity at	None
Regional Rank	None

We recommend that you book the domain names for the countries where your website is popular.

This will prevent potential competitors from registering these domains and taking advantage of your reputation in such countries.



Estimated Worth



\$10 USD

Just a estimated worth of your website based on Alexa Rank.



In-Page Links



We found a total of 129 links including both internal & external links of your site

Anchor	Type	Follow
Search	Internal Links	Dofollow
About Women's Health	Internal Links	Dofollow
Gifts	Internal Links	Dofollow
My Bookmarks	Internal Links	Dofollow
Women's Health+	Internal Links	Dofollow
Fitness	Internal Links	Dofollow
Health	Internal Links	Dofollow
Beauty	Internal Links	Dofollow
Food	Internal Links	Dofollow
Sports and Athletes	Internal Links	Dofollow
Style	Internal Links	Dofollow
Weight Loss	Internal Links	Dofollow
Sex and Love	Internal Links	Dofollow
Relationships	Internal Links	Dofollow
Life	Internal Links	Dofollow
Awards	Internal Links	Dofollow
Newsletter	Internal Links	Dofollow
Workout Routines Finder	Internal Links	Dofollow
Other Editions	Internal Links	Dofollow
How To Work Out Less, See More Gains	Internal Links	Dofollow
Beauty	Internal Links	Dofollow
Sports	Internal Links	Dofollow
Challenges	Internal Links	Dofollow
sign in	Internal Links	Nofollow
'At 80 Years Old, This Is The Exact Strength Routine I Follow To Stay Fit And Healthy'Plus, the 4 things critical to my success.	Internal Links	Dofollow
How To Train Your Brain To Love ExerciseBy Caitlin Carlson	Internal Links	Dofollow
WNBA's Cheyenne Parker-Tyus On Her 2nd Pregnancy	Internal Links	Dofollow
Why Resistance Training Helps With AgingBy Dr. Rachel Tavel PT, DPT, CSCS	Internal Links	Dofollow
How Jan Todd Redefined Strength Training For Women	Internal Links	Dofollow
The Moment That Changed Christie Brinkley's HealthThe 71-year-old model and actress shares her story at the Women's Health Lab event in New York City.By Women's Health Editors	Internal Links	Dofollow
Lili Reinhart And Lizzy McAlpine On Mental HealthAt the Women's HealthLab, the stars unpacked how their art helps them get through ruts.By Annabel Iwegbue	Internal Links	Dofollow
Chrissy Teigen On Her Son's T1D DiagnosisPlus, the best advice she gave at the Women's Health Lab panel in NYC.By Korin Miller	Internal Links	Dofollow
How Finding A Female Doctor Helped Selma Blair"It really did change my life completely," she said at the Women's Health Lab event on Monday.By Korin Miller	Internal Links	Dofollow
Fitness	Internal Links	Dofollow
A Trainer Says This Is A Sign Your Workout Is Actually Too LongAnd, here's how to find your sweet spot for timing.By Andi Breitowich	Internal Links	Dofollow
Your Heart Rate When You Walk Vs. RunBy Addison Aloian, NASM-CPT	Internal Links	Dofollow
Should You Do 100 Kettlebell Swings A Day?By Danielle Zickl	Internal Links	Dofollow
'I Grew Muscle In Menopause With This Workout'	Internal Links	Dofollow
'How I Overcame Paralysis And Ran A Half-Marathon'	Internal Links	Dofollow

For Sylvia Fowles, Life After WNBA Involves DeathShe dominated the game for nearly two decades, but the Hall of Famer's next act is her greatest win yet.By Amanda Lucci, NASM-CPT	Internal Links	Dofollow
All About The WTA's Game-Changing New Rule"This isn't just a benefit, it's a meaningful step toward supporting women in tennis in a whole new way."By Korin Miller	Internal Links	Dofollow
How Kate Martin Became Most Wanted In The WNBA"You don't have to hire the best trainers or have the best basketball or have the best clothes and look a certain way," the fan favorite tells Women's Health. "Just be you, and go have fun."By Amanda Lucci, NASM-CPT and Illustrations by Matt Ryan	Internal Links	Dofollow
Your Guide To Every Women's Sports Bar In AmericaLet us help you find your new favorite hangout, state by state.By Molly Yanity	Internal Links	Dofollow
Beauty	Internal Links	Dofollow
From Women's Health for SephoraThe Anatomy Of The Ideal Summer MoisturizerSephora has the lightweight hydrator your skin is craving.By The Editors	Internal Links	Dofollow
Best Face Sunscreens, Tested By An EditorBy Nicole Saunders	Internal Links	Dofollow
We Tried The New Cocokind Calming Magnesium MlStBy Lauren Brown	Internal Links	Dofollow
7 Best Kojic Acid Soaps, TestedBy Sabrina Talbert	Internal Links	Dofollow
6 Best Spray Sunscreens, Per DermatologistsBy Nicole Saunders	Internal Links	Dofollow
Walk It Out	Internal Links	Dofollow
Hoka Clifton 10 Review: The Perfect Walking Companion During My Stress Fracture Healing JourneyAs a runner currently dealing with a stress fracture, it's a godsend for keeping me balanced.By Nicolette Accardi	Internal Links	Dofollow
The Best Walking Shoes June Deals 2025By Korin Miller	Internal Links	Dofollow
Walking For Just 5 Minutes Does This To Your BrainBy Korin Miller	Internal Links	Dofollow
The 10 Best Walking Shoes For WomenBy Nicolette Accardi	Internal Links	Dofollow
How Walking Duration Affects Your BodyBy Bridie Wilkins	Internal Links	Dofollow
Get The Exclusive WH+ 4-Week Walking PlanIt takes out all the guesswork.By Olivia Luppino	Internal Links	Dofollow
This 7-Day Abs Challenge Will Strengthen Your CoreThis week-long workout plan can help you get real—and lasting—results.By Addison Aloian, NASM-CPT	Internal Links	Dofollow
Join The Women's Health+ Ultimate HIIT ChallengeIt's the best burn for your buck—no burpees required.By Lindsay Geller	Internal Links	Dofollow
Your 6-Week Glute Gains ChallengeSign up today for the exclusive training plan.By Caitlin Carlson	Internal Links	Dofollow
New KicksThe Women's Health 2025 Sneaker Awards Winners Are HereThese hybrid shoes are built to move with you and your goals.By Addison Aloian, NASM-CPT	Internal Links	Dofollow
About Women's Health	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
Crush Your First Pull-Up With The WH Ultimate Pull-Up PlanGet ready to blow your own mind.By Talene Appleton, NASM-CPTApr 14, 2025	Internal Links	Dofollow
How To Do A Pull-Up In 3 Simple PhasesBy Talene Appleton, NASM-CPTApr 14, 2025	Internal Links	Dofollow
5 Warm-Up Moves To Do Before Pull-UpsBy Jacqueline Andriakos, NASM-CPTApr 14, 2025	Internal Links	Dofollow
10-Minute, Dumbbell-Only Pull-Up WorkoutBy Talene Appleton, NASM-CPTApr 14, 2025	Internal Links	Dofollow
This Dumbbell Workout Is A Serious Biceps BurnBy Talene Appleton, NASM-CPTApr 14, 2025	Internal Links	Dofollow
Health	Internal Links	Dofollow
How To Stop A Migraine From Ruining Your Big DayExpert advice and real-life strategies to help you avoid the most untimely attack.By Korin Miller	Internal Links	Dofollow

What Lifting 11Lbs May Say About Your HealthBy Korin Miller	Internal Links	Dofollow
I Ran A Marathon After My Mom Got Dementia At 63	Internal Links	Dofollow
This Everyday Drink Was Just Linked to LongevityBy Korin Miller	Internal Links	Dofollow
How Bone Health Became A Trendy Health Hack	Internal Links	Dofollow
'This Workout Improved My Thyroid Symptoms'"Fitness is not about pushing my limits every day—it's about giving what I have at that moment."	Internal Links	Dofollow
'I Walked Outside Every Morning For 30 Days'Surprisingly real results.	Internal Links	Dofollow
'My Heart Attack Transformed My Fitness Routine'MaryKay West shares what her workout routine looks like today.	Internal Links	Dofollow
'I Ran A Marathon After A Heart Transplant At 46'Physician Dawn Mussallem shares how eats and trains for optimal health at 50.	Internal Links	Dofollow
The 9 Best Fitness Trackers For Women, Tested And Reviewed By Fitness EditorsSome can even catch heart arrhythmias.By Nicolette AccardiJun 17, 2025	Internal Links	Dofollow
Take Hundreds Off Saatva Mattresses June 2025By Sidney LeeJun 13, 2025	Internal Links	Dofollow
The Best On Shoes For WalkingBy Lily WohlnerJun 13, 2025	Internal Links	Dofollow
The Best Summer Sneakers For WomenBy Lily WohlnerJun 12, 2025	Internal Links	Dofollow
The Best High-Impact Sports Bras, Per TrainersBy Lily WohlnerJun 10, 2025	Internal Links	Dofollow
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How Much Do Dallas Cowboys Cheerleaders Make?Jun 20, 2025	Internal Links	Dofollow
How To Do The Viral 5-Minute Clean RoutineJun 20, 2025	Internal Links	Dofollow
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