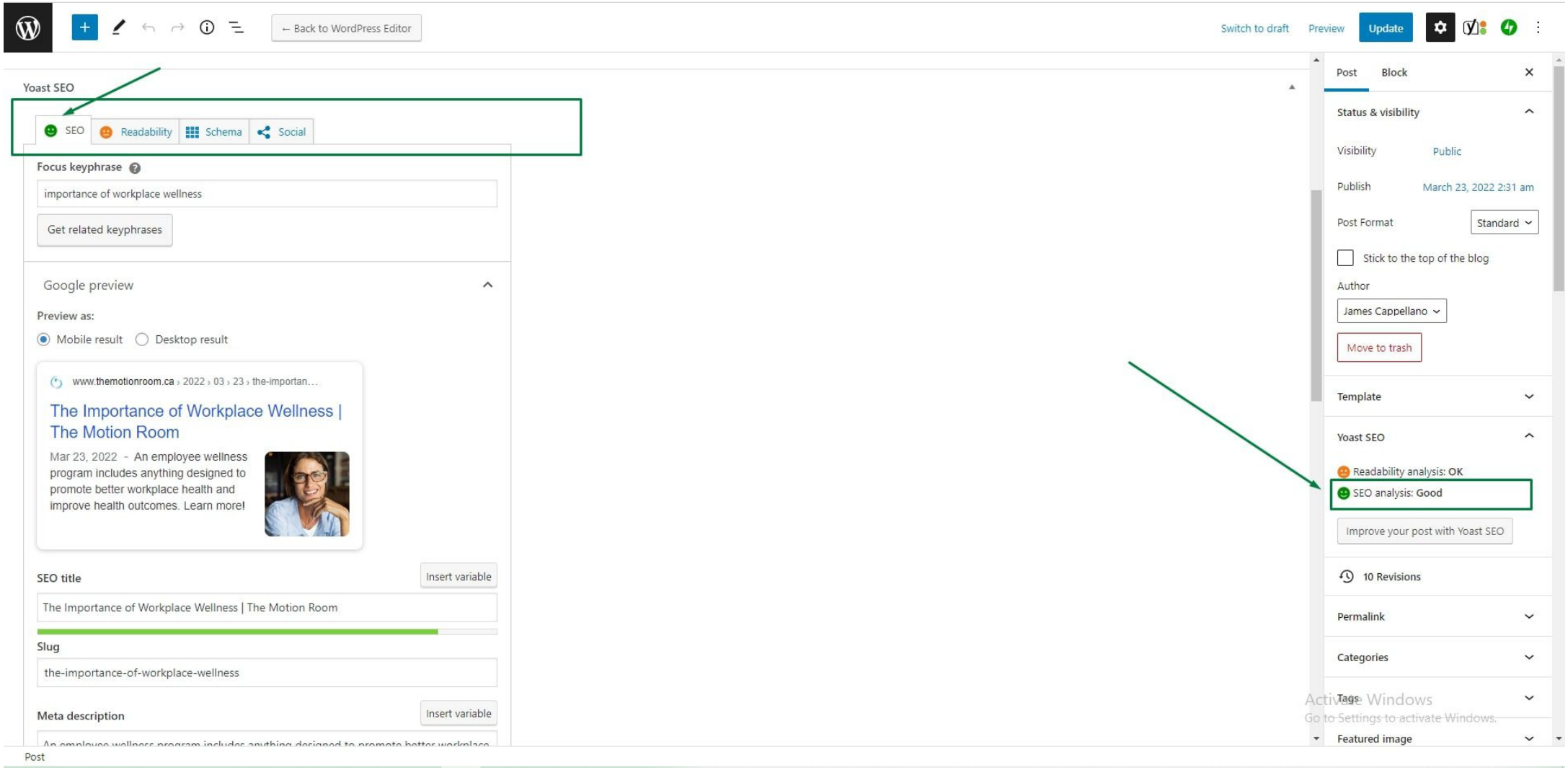
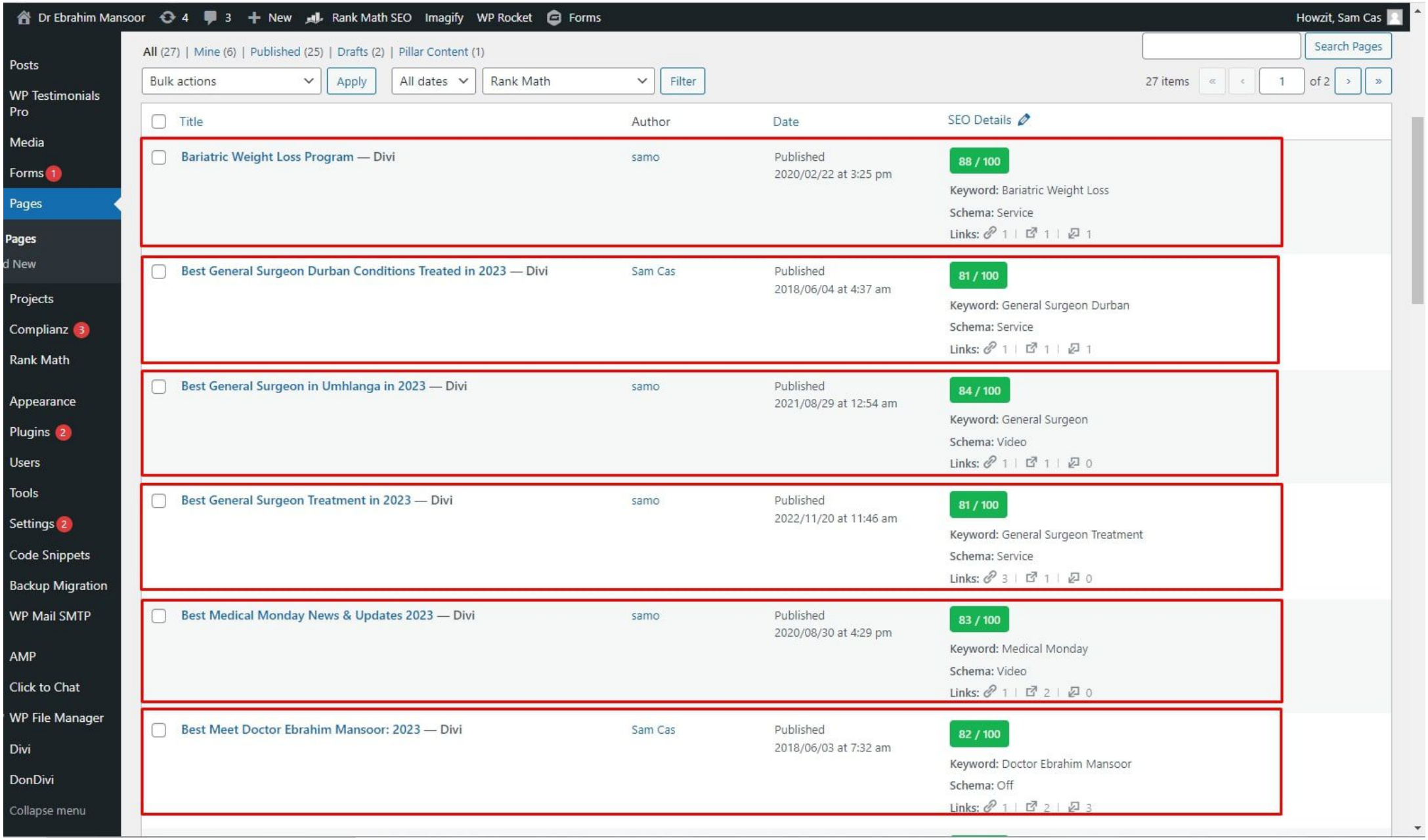
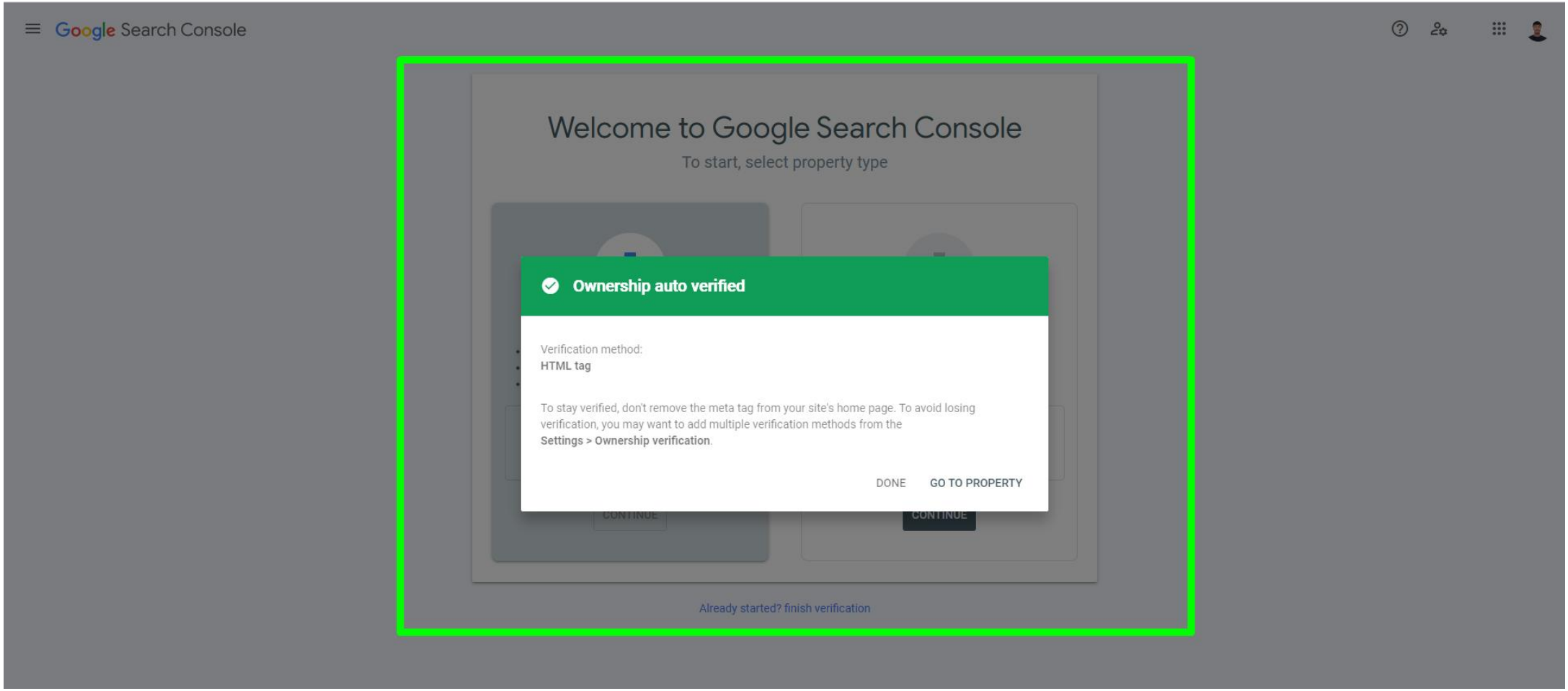
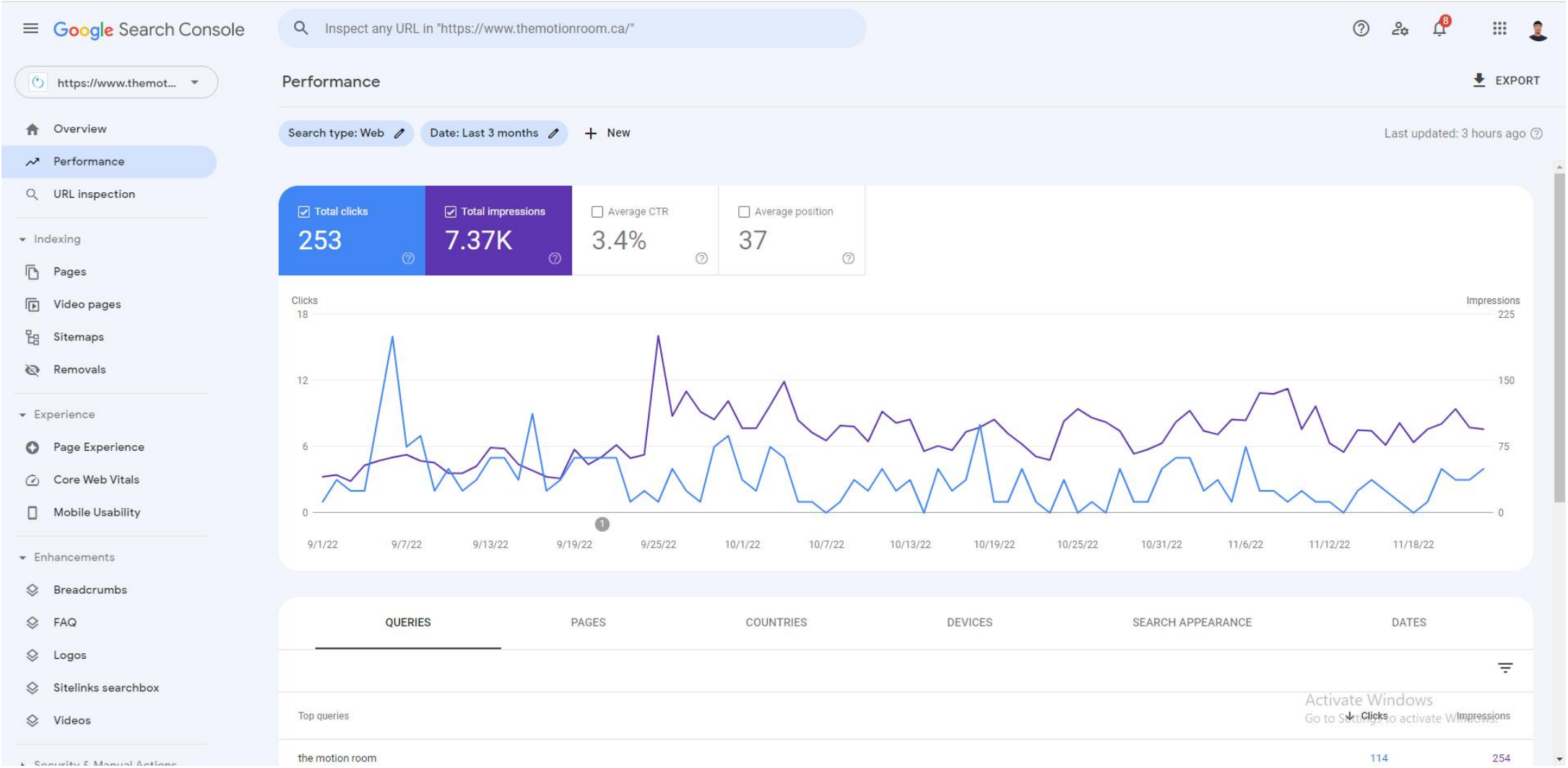
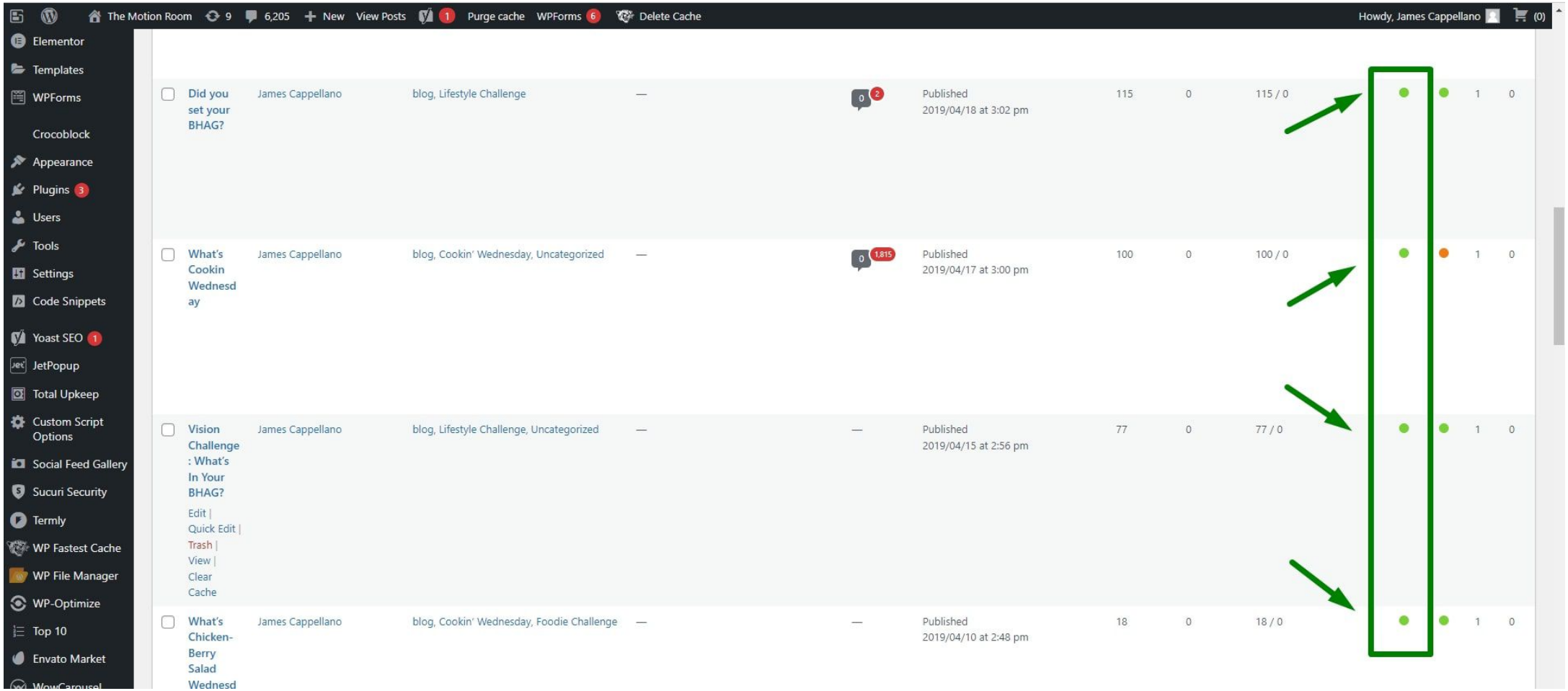
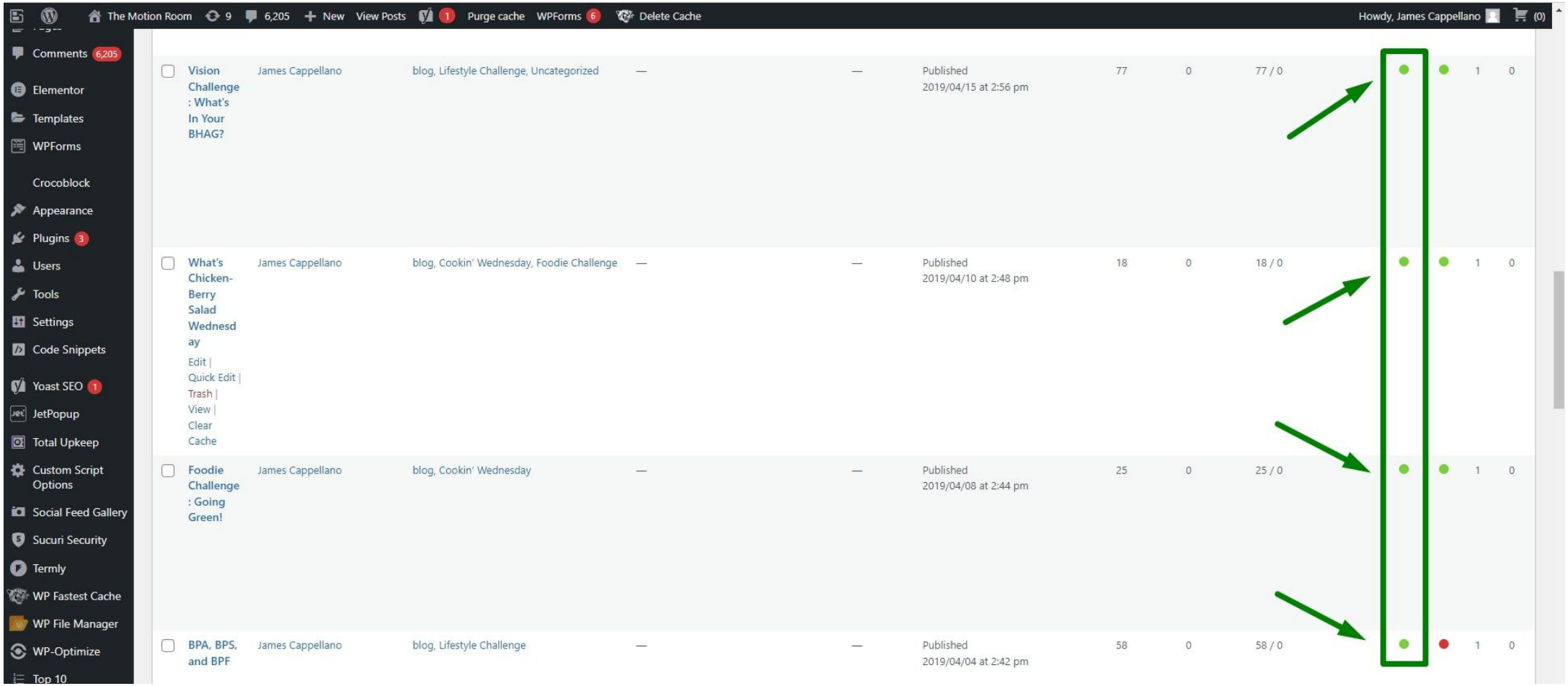

← Back to WordPress Editor
Switch to draft
Preview
Update
Yoast SEO
SEO
Readability
Schema
Social
Focus keyphrase
importance of workplace wellness
Get related keyphrases
Google preview
Preview as:
Mobile result
Desktop result
www.themotionroom.ca › 2022 › 03 › 23 › the-importan…
The Importance of Workplace Wellness | The Motion Room
Mar 23, 2022 - An employee wellness program includes anything designed to promote better workplace health and improve health outcomes. Learn more!
SEO title
Insert variable
The Importance of Workplace Wellness | The Motion Room
Slug
the-importance-of-workplace-wellness
Meta description
Insert variable
Post
Block
Status & visibility
Visibility
Public
Publish
March 23, 2022 2:31 am
Post Format
Standard
Stick to the top of the blog
Author
James Cappellano
Move to trash
Template
Yoast SEO
Readability analysis: OK
SEO analysis: Good
Improve your post with Yoast SEO
10 Revisions
Permalink
Categories
Tags
Featured image
Activate Windows
Go to Settings to activate Windows.
Post

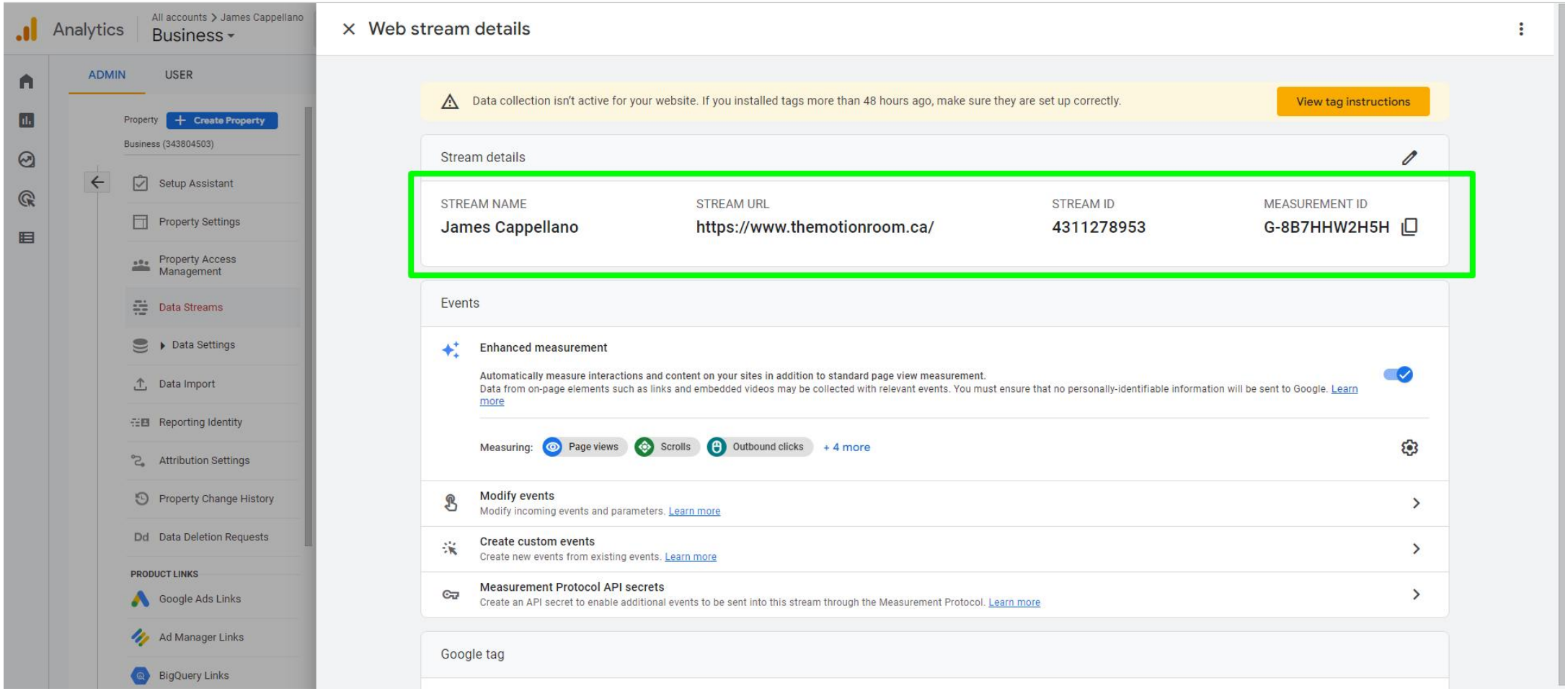

Dr Ebrahim Mansoor 4 3 New Rank Math SEO Imagify WP Rocket Forms Howzit, Sam Cas
Posts
WP Testimonials Pro
Media
Forms 1
Pages
Pages
d New
Projects
Complianz 3
Rank Math
Appearance
Plugins 2
Users
Tools
Settings 2
Code Snippets
Backup Migration
WP Mail SMTP
AMP
Click to Chat
WP File Manager
Divi
DonDivi
Collapse menu
All (27) | Mine (6) | Published (25) | Drafts (2) | Pillar Content (1)
Search Pages
Bulk actions Apply All dates Rank Math Filter
27 items « ‹ 1 of 2 › »
Title Author Date SEO Details
Bariatric Weight Loss Program — Divi samo Published 2020/02/22 at 3:25 pm 88 / 100 Keyword: Bariatric Weight Loss Schema: Service Links: 1 | 1 | 1
Best General Surgeon Durban Conditions Treated in 2023 — Divi Sam Cas Published 2018/06/04 at 4:37 am 81 / 100 Keyword: General Surgeon Durban Schema: Service Links: 1 | 1 | 1
Best General Surgeon in Umhlanga in 2023 — Divi samo Published 2021/08/29 at 12:54 am 84 / 100 Keyword: General Surgeon Schema: Video Links: 1 | 1 | 0
Best General Surgeon Treatment in 2023 — Divi samo Published 2022/11/20 at 11:46 am 81 / 100 Keyword: General Surgeon Treatment Schema: Service Links: 3 | 1 | 0
Best Medical Monday News & Updates 2023 — Divi samo Published 2020/08/30 at 4:29 pm 83 / 100 Keyword: Medical Monday Schema: Video Links: 1 | 2 | 0
Best Meet Doctor Ebrahim Mansoor: 2023 — Divi Sam Cas Published 2018/06/03 at 7:32 am 82 / 100 Keyword: Doctor Ebrahim Mansoor Schema: Off Links: 1 | 2 | 3


Google Search Console
Welcome to Google Search Console
To start, select property type
Ownership auto verified
Verification method:
HTML tag
To stay verified, don't remove the meta tag from your site's home page. To avoid losing verification, you may want to add multiple verification methods from the Settings > Ownership verification.
DONE
GO TO PROPERTY
CONTINUE
CONTINUE
Already started? finish verification


Google Search Console
Inspect any URL in "https://www.themotionroom.ca/"
https://www.themot...
Performance
EXPORT
Overview
Performance
URL inspection
Indexing
Pages
Video pages
Sitemaps
Removals
Experience
Page Experience
Core Web Vitals
Mobile Usability
Enhancements
Breadcrumbs
FAQ
Logos
Sitelinks searchbox
Videos
Search type: Web
Date: Last 3 months
New
Last updated: 3 hours ago
Total clicks
253
Total impressions
7.37K
Average CTR
3.4%
Average position
37
Clicks
Impressions
18
12
6
0
225
150
75
0
9/1/22
9/7/22
9/13/22
9/19/22
9/25/22
10/1/22
10/7/22
10/13/22
10/19/22
10/25/22
10/31/22
11/6/22
11/12/22
11/18/22
QUERIES
PAGES
COUNTRIES
DEVICES
SEARCH APPEARANCE
DATES
Top queries
Clicks
Impressions
the motion room
114
254
Activate Windows
Go to Settings to activate Windows.


The Motion Room 9 6,205 New View Posts 1 Purge cache WPForms 6 Delete Cache Howdy, James Cappellano (0)
Elementor
Templates
WPForms
Crocoblock
Appearance
Plugins 3
Users
Tools
Settings
Code Snippets
Yoast SEO 1
JetPopup
Total Upkeep
Custom Script Options
Social Feed Gallery
Sucuri Security
Termly
WP Fastest Cache
WP File Manager
WP-Optimize
Top 10
Envato Market
Did you set your BHAG? James Cappellano blog, Lifestyle Challenge — 0 2 Published 2019/04/18 at 3:02 pm 115 0 115 / 0 1 0
What's Cookin Wednesday James Cappellano blog, Cookin' Wednesday, Uncategorized — 0 1,815 Published 2019/04/17 at 3:00 pm 100 0 100 / 0 1 0
Vision Challenge : What's In Your BHAG? Edit | Quick Edit | Trash | View | Clear Cache James Cappellano blog, Lifestyle Challenge, Uncategorized — — Published 2019/04/15 at 2:56 pm 77 0 77 / 0 1 0
What's Chicken-Berry Salad Wednesd James Cappellano blog, Cookin' Wednesday, Foodie Challenge — — Published 2019/04/10 at 2:48 pm 18 0 18 / 0 1 0


The Motion Room 9 6,205 New View Posts 1 Purge cache WPForms 6 Delete Cache Howdy, James Cappellano (0)
Comments 6,205
Elementor
Templates
WPForms
Crocoblock
Appearance
Plugins 3
Users
Tools
Settings
Code Snippets
Yoast SEO 1
JetPopup
Total Upkeep
Custom Script Options
Social Feed Gallery
Sucuri Security
Termly
WP Fastest Cache
WP File Manager
WP-Optimize
Top 10
Vision Challenge : What's In Your BHAG?
James Cappellano
blog, Lifestyle Challenge, Uncategorized
— — Published 2019/04/15 at 2:56 pm
77 0 77 / 0 1 0
What's Chicken-Berry Salad Wednesday
Edit | Quick Edit | Trash | View | Clear Cache
James Cappellano
blog, Cookin' Wednesday, Foodie Challenge
— — Published 2019/04/10 at 2:48 pm
18 0 18 / 0 1 0
Foodie Challenge : Going Green!
James Cappellano
blog, Cookin' Wednesday
— — Published 2019/04/08 at 2:44 pm
25 0 25 / 0 1 0
BPA, BPS, and BPF
James Cappellano
blog, Lifestyle Challenge
— — Published 2019/04/04 at 2:42 pm
58 0 58 / 0 1 0


Analytics
All accounts > James Cappellano
Business
ADMIN
USER
Property
Create Property
Business (343804503)
Setup Assistant
Property Settings
Property Access Management
Data Streams
Data Settings
Data Import
Reporting Identity
Attribution Settings
Property Change History
Data Deletion Requests
PRODUCT LINKS
Google Ads Links
Ad Manager Links
BigQuery Links
Web stream details
Data collection isn't active for your website. If you installed tags more than 48 hours ago, make sure they are set up correctly.
View tag instructions
Stream details
STREAM NAME
James Cappellano
STREAM URL
https://www.themotionroom.ca/
STREAM ID
4311278953
MEASUREMENT ID
G-8B7HHW2H5H
Events
Enhanced measurement
Automatically measure interactions and content on your sites in addition to standard page view measurement.
Data from on-page elements such as links and embedded videos may be collected with relevant events. You must ensure that no personally-identifiable information will be sent to Google. Learn more
Measuring:
Page views
Scrolls
Outbound clicks
+ 4 more
Modify events
Modify incoming events and parameters. Learn more
Create custom events
Create new events from existing events. Learn more
Measurement Protocol API secrets
Create an API secret to enable additional events to be sent into this stream through the Measurement Protocol. Learn more
Google tag