

**Registered Number 04588152**

**FITNESS FOR EVERYBODY LIMITED**

**Abbreviated Accounts**

**30 November 2010**

FITNESS FOR EVERYBODY LIMITED

Registered Number 04588152

Balance Sheet as at 30 November 2010

|   | Notes | 2010<br>£     | 2009<br>£    |
|---|-------|---------------|--------------|
| <b>Fixed assets</b>                                   |       |               |              |
| Tangible  | 2     | <u>5,093</u>  | <u>2,811</u> |
| Total fixed assets                                    |       | 5,093         | 2,811        |
| <b>Current assets</b>                                 |       |               |              |
| Debtors   |       | 2,550         | 3,196        |
| Cash at bank and in hand                              |       | 10,675        | 892          |
| Total current assets                                  |       | <u>13,225</u> | <u>4,088</u> |
| <b>Creditors: amounts falling due within one year</b> |       | (7,599)       | (6,782)      |
| Net current assets                                    |       | 5,626         | (2,694)      |
| Total assets less current liabilities                 |       | <u>10,719</u> | <u>117</u>   |
| <br>Total net Assets (liabilities)                    |       | <br>10,719    | <br>117      |
| <b>Capital and reserves</b>                           |       |               |              |
| Called up share capital                               |       | 100           | 100          |
| Profit and loss account                               |       | <u>10,619</u> | <u>17</u>    |
| Shareholders funds                                    |       | <u>10,719</u> | <u>117</u>   |

- a. For the year ending 30 November 2010 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
- b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006
- c. The directors acknowledge their responsibility for:
  - i. ensuring the company keeps accounting records which comply with Section 386; and
  - ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 09 March 2011

And signed on their behalf by:

J DOWLING, Director

**This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1068 of the Companies Act 2006.**

**Notes to the abbreviated accounts**

For the year ending 30 November 2010

**1 Accounting policies**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective January 2005)

**Turnover**

Turnover is invoiced sales net of VAT.

**Depreciation**

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Plant and Machinery                      25.00% Straight Line

**2 Tangible fixed assets**

|                     |              |
|---------------------|--------------|
| Cost                | £            |
| At 30 November 2009 | 5,515        |
| additions           | 3,219        |
| disposals           |              |
| revaluations        |              |
| transfers           |              |
| At 30 November 2010 | <u>8,734</u> |
| Depreciation        |              |
| At 30 November 2009 | 2,704        |
| Charge for year     |              |
| on disposals        | <u>937</u>   |
| At 30 November 2010 | <u>3,641</u> |
| Net Book Value      |              |
| At 30 November 2009 | 2,811        |
| At 30 November 2010 | <u>5,093</u> |