

Registered Number 08392277

FITNESSHEALTH LTD

Abbreviated Accounts

28 February 2014

Abbreviated Balance Sheet as at 28 February 2014

	Notes	2014 £
Fixed assets		
Intangible assets	2	270
Tangible assets	3	3,202
		<u>3,472</u>
Current assets		
Stocks		20,234
Cash at bank and in hand		1,706
		<u>21,940</u>
Creditors: amounts falling due within one year		<u>(6,475)</u>
Net current assets (liabilities)		<u>15,465</u>
Total assets less current liabilities		<u>18,937</u>
Creditors: amounts falling due after more than one year		<u>(17,419)</u>
Total net assets (liabilities)		<u>1,518</u>
Capital and reserves		
Called up share capital	4	100
Profit and loss account		1,418
Shareholders' funds		<u>1,518</u>

- For the year ending 28 February 2014 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 5 November 2014

And signed on their behalf by:

R Harwood, Director

Notes to the Abbreviated Accounts for the period ended 28 February 2014

1 Accounting Policies

Basis of measurement and preparation of accounts

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

2 Intangible fixed assets

	£
Cost	
Additions	270
Disposals	-
Revaluations	-
Transfers	-
At 28 February 2014	<u>270</u>
Amortisation	
Charge for the year	-
On disposals	-
At 28 February 2014	<u>-</u>
Net book values	
At 28 February 2014	<u><u>270</u></u>

3 Tangible fixed assets

	£
Cost	
Additions	4,003
Disposals	-
Revaluations	-
Transfers	-
At 28 February 2014	<u>4,003</u>
Depreciation	
Charge for the year	801
On disposals	-
At 28 February 2014	<u>801</u>
Net book values	
At 28 February 2014	<u><u>3,202</u></u>

4 Called Up Share Capital

Allotted, called up and fully paid:

2014
£

100 Ordinary shares of £1 each

100

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