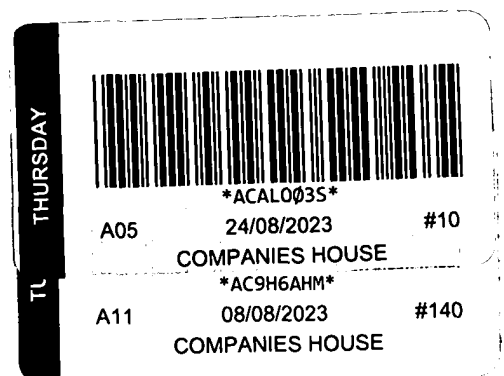


**MOVEMENT HEALTH AND FITNESS LIMITED
ANNUAL REPORT AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 OCTOBER 2022**

Please replace the existing
accounts with those provided



MOVEMENT HEALTH AND FITNESS LIMITED
ANNUAL REPORT AND UNAUDITED ACCOUNTS
CONTENTS

	Page
Company information	3
Directors' report	4
Accountants' report	5
Income statement	6
Statement of financial position	7
Statement of changes in equity	8
Notes to the accounts	9
Detailed profit and loss account	11

MOVEMENT HEALTH AND FITNESS LIMITED
COMPANY INFORMATION
FOR THE YEAR ENDED 31 OCTOBER 2022

Directors	Kerrie Hunt Aaron Keightley
Company Number	12279628 (England and Wales)
Registered Office	UNIT 3 KINGSWAY KIRKBY-IN-ASHFIELD NOTTINGHAM NG17 7BD ENGLAND

MOVEMENT HEALTH AND FITNESS LIMITED
(COMPANY NO: 12279628 ENGLAND AND WALES)
DIRECTORS' REPORT

The directors present their report and accounts for the year ended 31 October 2022.

Directors

The following directors held office during the whole of the period:

Kerrie Hunt
Aaron Keightley

Statement of directors' responsibilities

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial year. Under that law, the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Signed on behalf of the board of directors



.....
Aaron Keightley
Director

Approved by the board on: 27 June 2023

MOVEMENT HEALTH AND FITNESS LIMITED

ACCOUNTANTS' REPORT

Accountants' report to the board of directors of MOVEMENT HEALTH AND FITNESS LIMITED on the preparation of the unaudited statutory accounts for the year ended 31 October 2022

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of MOVEMENT HEALTH AND FITNESS LIMITED for the year ended 31 October 2022 as set out on pages 6 - 10 from the company's accounting records and from information and explanations you have given us.

This report is made solely to the Board of Directors of MOVEMENT HEALTH AND FITNESS LIMITED, as a body, in accordance with the terms of our engagement. Our work has been undertaken solely to prepare for your approval the accounts of MOVEMENT HEALTH AND FITNESS LIMITED and state those matters that we have agreed to state to them, as a body, in this report. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than MOVEMENT HEALTH AND FITNESS LIMITED and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that MOVEMENT HEALTH AND FITNESS LIMITED has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and loss of MOVEMENT HEALTH AND FITNESS LIMITED. You consider that MOVEMENT HEALTH AND FITNESS LIMITED is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of MOVEMENT HEALTH AND FITNESS LIMITED. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.

27 June 2023

MOVEMENT HEALTH AND FITNESS LIMITED
INCOME STATEMENT
FOR THE YEAR ENDED 31 OCTOBER 2022

	2022	2021
	£	£
Turnover	61,375	52,156
Cost of sales	(5,969)	(10,834)
Gross profit	<u>55,406</u>	<u>41,322</u>
Administrative expenses	(70,740)	(69,054)
Other operating income	-	22,403
Operating loss	<u>(15,334)</u>	<u>(5,329)</u>
Loss on ordinary activities before taxation	<u>(15,334)</u>	<u>(5,329)</u>
Tax on loss on ordinary activities	-	-
Loss for the financial year	<u><u>(15,334)</u></u>	<u><u>(5,329)</u></u>

MOVEMENT HEALTH AND FITNESS LIMITED
STATEMENT OF FINANCIAL POSITION
AS AT 31 OCTOBER 2022

	Notes	2022 £	2021 £
Fixed assets			
Intangible assets	4	20,000	20,000
Tangible assets	5	216	7,337
		<u>20,216</u>	<u>27,337</u>
Current assets			
Debtors	6	5,632	4,085
Cash at bank and in hand		13,737	24,031
		<u>19,369</u>	<u>28,116</u>
Creditors: amounts falling due within one year	7	(49,716)	(50,250)
Net current liabilities		<u>(30,347)</u>	<u>(22,134)</u>
Net (liabilities)/assets		<u>(10,131)</u>	<u>5,203</u>
Capital and reserves			
Called up share capital		100	100
Profit and loss account		(10,231)	5,103
Shareholders' funds		<u>(10,131)</u>	<u>5,203</u>

For the year ending 31 October 2022 the company was entitled to exemption from audit 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 and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

The financial statements were approved by the Board of Directors and authorised for issue on 27 June 2023 and were signed on its behalf by

Aaron Keightley
Director

Company Registration No. 12279628



MOVEMENT HEALTH AND FITNESS LIMITED
STATEMENT OF CHANGES IN EQUITY
AS AT 31 OCTOBER 2022

	Share capital £	Profit & loss account £	Total £
At 1 November 2020	100	10,432	10,532
Loss for the year		(5,329)	(5,329)
At 31 October 2021	100	5,103	5,203
At 1 November 2021	100	5,103	5,203
Loss for the year		(15,334)	(15,334)
At 31 October 2022	100	(10,231)	(10,131)

MOVEMENT HEALTH AND FITNESS LIMITED
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 OCTOBER 2022

1 Statutory information

MOVEMENT HEALTH AND FITNESS LIMITED is a private company, limited by shares, registered in England and Wales, registration number 12279628. The registered office is UNIT 3 KINGSWAY, KIRKBY-IN-ASHFIELD, NOTTINGHAM, NG17 7BD, ENGLAND.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Tangible fixed assets and depreciation

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

Plant & machinery	3 Years Straight Line
Fixtures & fittings	5 Years Straight Line

Intangible fixed assets

Intangible fixed assets (including purchased goodwill and patents) are included at cost less accumulated amortisation.

4 Intangible fixed assets

Goodwill
£

Cost

At 1 November 2021	20,000
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At 31 October 2022	20,000
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Amortisation

At 1 November 2021	-
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At 31 October 2022	-
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Net book value

At 31 October 2022	20,000
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At 31 October 2021	20,000
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MOVEMENT HEALTH AND FITNESS LIMITED
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 OCTOBER 2022

5 Tangible fixed assets

	Plant & machinery £	Fixtures & fittings £	Total £
Cost or valuation	At cost	At cost	
At 1 November 2021	21,038	543	21,581
At 31 October 2022	21,038	543	21,581
Depreciation			
At 1 November 2021	14,026	218	14,244
Charge for the year	7,012	109	7,121
At 31 October 2022	21,038	327	21,365
Net book value			
At 31 October 2022	-	216	216
At 31 October 2021	7,012	325	7,337

6 Debtors

	2022 £	2021 £
Amounts falling due within one year		
Accrued income and prepayments	262	262
Other debtors	2,750	2,750
	3,012	3,012
Amounts falling due after more than one year		
Trade debtors	2,620	1,073

7 Creditors: amounts falling due within one year

	2022 £	2021 £
Bank loans and overdrafts	49,466	50,000
Accruals	250	250
	49,716	50,250

8 Average number of employees

During the year the average number of employees was 2 (2021: 2).

MOVEMENT HEALTH AND FITNESS LIMITED
DETAILED PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 31 OCTOBER 2022

This schedule does not form part of the statutory accounts.

	2022	2021
	£	£
Turnover		
Sales	61,375	52,156
Cost of sales		
Purchases	3,699	6,431
Direct labour	2,270	180
Other direct costs	-	4,223
	5,969	10,834
Gross profit	55,406	41,322
Administrative expenses		
Directors' salaries	25,140	14,665
Staff training and welfare	-	8,239
Travel and subsistence	429	-
Motor expenses	67	-
Rent	14,225	13,951
Light and heat	1,419	1,404
Cleaning	167	35
Telephone and fax	357	355
Postage	53	30
Stationery and printing	131	74
Subscriptions	169	170
Bank charges	192	322
Insurance	1,954	1,866
Software	3,637	3,185
Repairs and maintenance	134	190
Depreciation	7,121	7,121
Sundry expenses	438	-
Accountancy fees	2,124	2,121
Advertising and PR	12,383	1,443
Other legal and professional	600	13,883
	70,740	69,054
Other operating income		
Government grants	-	22,403
Operating loss	(15,334)	(5,329)
Loss on ordinary activities before taxation	(15,334)	(5,329)

