

**Abbreviated Accounts for the Year Ended 31 July 2012**

**for**

**Feel Good Health & Fitness Limited**

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**for the year ended 31 July 2012**

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**Feel Good Health & Fitness Limited**

**Company  
Information  
for the year ended 31 July 2012**

**DIRECTOR:** Mr D Wright

**SECRETARY:** Mrs A Wright

**REGISTERED OFFICE:** European House  
93 Wellington Road  
Leeds  
West Yorkshire  
LS12 1DZ

**REGISTERED NUMBER:** 06334905 (England and Wales)

**ACCOUNTANTS:** Urquhart Warner Myers Limited  
European House  
93 Wellington Road  
Leeds  
West Yorkshire  
LS12 1DZ

**Abbreviated Balance Sheet**  
**31 July 2012**

	Notes	31/7/12 £	£	31/7/11 £	£
<b>FIXED ASSETS</b>					
Tangible assets	2		36,592		47,865
<b>CURRENT ASSETS</b>					
Debtors		18,176		16,479	
Cash at bank and in hand		<u>1,459</u>		<u>7,945</u>	
		19,635		24,424	
<b>CREDITORS</b>					
Amounts falling due within one year		<u>147,297</u>		<u>83,370</u>	
<b>NET CURRENT LIABILITIES</b>			<u>(127,662)</u>		<u>(58,946)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>(91,070)</u>		<u>(11,081)</u>
<b>CREDITORS</b>					
Amounts falling due after more than one year			12,541		17,493
<b>NET LIABILITIES</b>			<u>(103,611)</u>		<u>(28,574)</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	3		100		100
Profit and loss account			<u>(103,711)</u>		<u>(28,674)</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>(103,611)</u>		<u>(28,574)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 July 2012.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 July 2012 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

- ensuring that the company keeps accounting records which comply with Sections 386 and (a) 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the (b) requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 24 April 2013 and were signed by:

Mr D Wright - Director  
The notes form part of these abbreviated accounts

**Notes to the Abbreviated Accounts**  
**for the year ended 31 July 2012**

1. **ACCOUNTING POLICIES**

**Accounting convention**

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

**Turnover**

Turnover represents net invoiced sales of goods, excluding value added tax.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc - 25% on reducing balance

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

2. **TANGIBLE FIXED ASSETS**

	Total £
<b>COST</b>	
At 1 August 2011	93,031
Additions	925
At 31 July 2012	<u>93,956</u>
<b>DEPRECIATION</b>	
At 1 August 2011	45,166
Charge for year	12,198
At 31 July 2012	<u>57,364</u>
<b>NET BOOK VALUE</b>	
At 31 July 2012	<u>36,592</u>
At 31 July 2011	<u>47,865</u>

3. **CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31/7/12 £	31/7/11 £
100	Ordinary shares	£1	<u>100</u>	<u>100</u>