

REGISTERED NUMBER: 3254441

ABBREVIATED UNAUDITED ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2011
FOR
HEALTHY LIVES LIMITED

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HEALTHY LIVES LIMITED (REGISTERED NUMBER: 3254441)

**CONTENTS OF THE ABBREVIATED ACCOUNTS
for the Year Ended 31 March 2011**

	Page
Company Information	1
Abbreviated Balance Sheet	2
Notes to the Abbreviated Accounts	3

HEALTHY LIVES LIMITED
COMPANY INFORMATION
for the Year Ended 31 March 2011

DIRECTOR: A Faik

SECRETARY: M Qadri

REGISTERED OFFICE: 180 London Road
Kingston upon Thames
Surrey
KT2 6QW

REGISTERED NUMBER: 3254441

ACCOUNTANTS: J Tanna & Co
Chartered Accountants
180 London Road
Kingston upon Thames
Surrey
KT2 6QW

HEALTHY LIVES LIMITED (REGISTERED NUMBER: 3254441)

**ABBREVIATED BALANCE SHEET
31 March 2011**

	Notes	31 3 11 £	£	31 3 10 £	£
FIXED ASSETS					
Tangible assets	2		381,660		364,771
CURRENT ASSETS					
Debtors		3,640		3,640	
Cash at bank		18,707		42,060	
		<u>22,347</u>		<u>45,700</u>	
CREDITORS					
Amounts falling due within one year		<u>288,096</u>		<u>296,452</u>	
NET CURRENT LIABILITIES			<u>(265,749)</u>		<u>(250,752)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>115,911</u>		<u>114,019</u>
CAPITAL AND RESERVES					
Called up share capital	3		2		2
Profit and loss account			<u>115,909</u>		<u>114,017</u>
SHAREHOLDERS' FUNDS			<u>115,911</u>		<u>114,019</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2011

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2011 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 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 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 August 2011 and were signed by



A Haik - Director

The notes form part of these abbreviated accounts

HEALTHY LIVES LIMITED (REGISTERED NUMBER: 3254441)

**NOTES TO THE ABBREVIATED ACCOUNTS
for the Year Ended 31 March 2011**

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)

Tangible fixed assets

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

Land and buildings	- 2% on cost
Plant and machinery etc	- 25% on reducing balance

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date

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 £
COST	
At 1 April 2010	499,779
Additions	27,614
	<hr/>
At 31 March 2011	527,393
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DEPRECIATION	
At 1 April 2010	135,008
Charge for year	10,725
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At 31 March 2011	145,733
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NET BOOK VALUE	
At 31 March 2011	381,660
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At 31 March 2010	364,771
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3 CALLED UP SHARE CAPITAL

Allotted Number	and issued Class	Nominal value £1	31 3 11 £	31 3 10 £
2	Share capital		2	2
			<hr/>	<hr/>

4 TRANSACTIONS WITH DIRECTOR

Mr A Faik is a director of Health Zone Limited to which the company has let its premises at a market value rental of £80k (2010 - £80k) per annum