



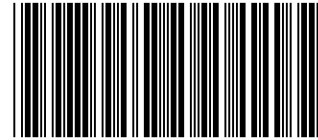
Companies House
— for the record —

288b_(ef)

**Termination of Appointment of a Director
or Secretary**

Company Name: **HEALTH AND FITNESS HOLDINGS LIMITED**

Company Number: **04374665**



XMRZFSQ6

Received for filing in Electronic Format on the: **06/09/2007**

Resignation Details

Position: **DIRECTOR** *Date of Resignation:* **13/08/2007**

Name: **MICHAEL DAVID BALL** *Date of Birth:* **12/04/1967**

Authorisation

Authoriser Designation: **SECRETARY** *Date Authorised:* **06/09/2007** *Authenticated:* **Yes (E/W)**