



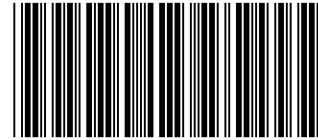
Companies House
— for the record —

288b_(ef)

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

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

Company Number: **04374665**



Received for filing in Electronic Format on the: **30/05/2007**

X4HQPZ8

Resignation Details

Position: **DIRECTOR** *Date of Resignation:* **24/05/2007**

Name: **NEIL DUNCAN GILLIS** *Date of Birth:* **22/01/1965**

Authorisation

Authoriser Designation: **SECRETARY** *Date Authorised:* **24/05/2007** *Authenticated:* **Yes (E/W)**