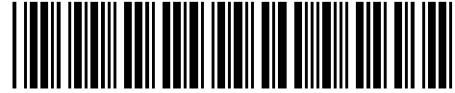




*Companies House*  
— for the record —

**AP01** (ef)

**Appointment of Director**



XG08HWKI

*Company Name:* **Health and Fitness Holdings Limited**

*Company Number:* **04374665**

*Received for filing in Electronic Format on the:* **10/08/2011**

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*New Appointment Details*

*Date of Appointment:* **21/07/2011**

*Name:* **CHRISTOPHER MICHAEL JOHN FORSHAW**

*Consented to Act:* **YES**

*Service Address:* **YORK HOUSE 45 SEYMOUR STREET  
LONDON  
UNITED KINGDOM  
W1H 7LX**

*Country/State Usually Resident:* **UNITED KINGDOM**

*Date of Birth:* **28/07/1949**

*Nationality:* **BRITISH**

*Occupation:* **COMPANY DIRECTOR**

## *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

Director, Secretary, Person Authorised, Administrator, Administrative Receiver, Receiver, Receiver Manager, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.