



Companies House
— for the record —

AP01 (ef)

Appointment of Director



XG08EWKF

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

Company Number: **04374665**

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

New Appointment Details

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

Name: **LUCINDA MARGARET BELL**

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: **06/09/1964**

Nationality: **BRITISH**

Occupation: **CHARTERED ACCOUNTANT**

Former Names: LUCINDA MARGARET WESTON SMITH

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.