

Please complete in typescript, or in bold black capitals.

CHWP000

288a

or LP - 4 Edinburgh 2

APPOINTMENT of director or secretary

(NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

	Company Number	05121295
Co	mpany Name in full	FITNESSWISE LIMITED
	Date of appointment	
Appointment form Notes on completion appear on reverse.	Appointment as director	Please mark the appropriate box. If appointment is as a director and secretary mark both boxes.
	NAME *Style / Title	*Honours etc
	Forename(s)	ANDREW
	Surname	PARIFIL
	Previous	Previous
†† Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under the provisions of section 723B of the Companies Act 1985	Forename(s) †† Usual residential	
	address Post town	
		27,10,000
	County / Region	SOCETO
	†Nationality	BLITISIT Business occupation DIRICTOR
†Other directorships (additional space overleaf) Consent signature		
		consent to act as "director / secretary of the above named company
* Voluntary details. † Directors only. **Delete as appropriate		Date US 2004
	Signed	A director secretary etc must sign the form below. Date 0/5/2004
information in the box opposite but if you do, it will help Companies House to contact you if there is a query on the		(**a director / secretary / administrator / administrative receiver / receiver manager / receiver)
	t information that you e to searchers of the	Tel
		DX number DX exchange
		When you have completed and signed the form please send it to the Registrar of Companies at:
#A51UH@C3#	0130	Companies House, Crown Way, Cardiff, CF14 3UZ DX 33050 Cardiff for companies registered in England and Wales or
COMPANIES HOUSE Form April 2002	18/11/04	Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB for companies registered in Scotland DX 235 Edinburgh

	Company Number	
† Directors only.	†Other directorships	

NOTES

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known before marriage need not be given.
- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or succeeded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company.