

**Registered Number: 05542829**

**England and Wales**

**Bodyconfidence Health & Fitness Limited**

**Unaudited Abbreviated Report and Financial Statements**

**For the year ended 31 March 2012**



**Bodyconfidence Health & Fitness Limited**  
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Registered Number :05542829

**Bodyconfidence Health & Fitness Limited**  
**Abbreviated Balance Sheet**  
**As at 31 March 2012**

	Notes	2012 £	2011 £
<b>Fixed assets</b>			
Tangible assets	3	378	473
		<b>378</b>	<b>473</b>
<b>Current assets</b>			
Stocks		64	95
Debtors	4	45	45
Cash at bank and in hand		17	230
		<b>126</b>	<b>370</b>
<b>Creditors: amounts falling due within one year</b>	5	(5,023)	(5,022)
<b>Net current liabilities</b>		<b>(4,897)</b>	<b>(4,652)</b>
<b>Total assets less current liabilities</b>		<b>(4,519)</b>	<b>(4,179)</b>
<b>Net liabilities</b>		<b>(4,519)</b>	<b>(4,179)</b>
<b>Capital and reserves</b>			
Called up share capital	6	1	1
Profit and loss account		(4,520)	(4,180)
<b>Shareholders funds</b>		<b>(4,519)</b>	<b>(4,179)</b>

For the year ended 31 March 2012 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director responsibilities: 1) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,

2) The director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Signed on behalf of the board of directors

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S C Grimshaw Director

Date approved by the board: 12 May 2012



**Bodyconfidence Health & Fitness Limited**  
**Notes to the Abbreviated Financial Statements**  
**For the year ended 31 March 2012**

**1 Accounting Policies**

**Basis of accounting**

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008). Exemption has been taken from preparing a cashflow statement on the grounds that the company qualifies as a small company.

**Going Concern**

The financial statements have been prepared on a going concern basis. The company's ongoing activities are dependent upon the continued support of the director of the company. The director has undertaken to provide such support for the foreseeable future. If the going concern basis were not appropriate, adjustments would have to be made to reduce the value of assets to their recoverable amount, to provide for any further liabilities that may arise and to reclassify fixed assets as current assets and long term liabilities as current liabilities.

**Turnover**

Turnover comprises the invoiced value of goods and services supplied by the company during the period, net of VAT.

**Tangible fixed assets**

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Equipment	20% Reducing balance
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**Stocks**

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow moving items.





**Bodyconfidence Health & Fitness Limited**  
**Notes to the Abbreviated Financial Statements**  
**For the year ended 31 March 2012**

**3 Tangible fixed assets**

	<b>Tangible fixed assets</b>
<b>Cost or valuation</b>	<b>£</b>
At 01 April 2011	473
At 31 March 2012	<b>473</b>
<b>Depreciation</b>	
Charge for year	95
At 31 March 2012	<b>95</b>
<b>Net book values</b>	
At 31 March 2012	<b>378</b>
At 31 March 2011	<b>473</b>

**6 Share capital**

	<b>2012</b>	<b>2011</b>
<b>Allotted called up and fully paid</b>	<b>£</b>	<b>£</b>
1 Ordinary shares of £1.00 each	1	1
	<b>1</b>	<b>1</b>

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.