

FIT-FUR-LIFE LIMITED

**Company Registration Number:
05619044 (England and Wales)**

Abbreviated (Unaudited) Accounts

Period of accounts

Start date: 01st January 2012

End date: 31st December 2012

SUBMITTED

FIT-FUR-LIFE LIMITED

Company Information for the Period Ended 31st December 2012

Director:	SAMANTHA FRENCH BRENDAN CONNOLLY MARTIN FOTHERINGHAM
Company secretary:	JACQUELINE SAXBY
Registered office:	19 South Leys Fernhurst Surrey GU27 3LD
Company Registration Number:	05619044 (England and Wales)

FIT-FUR-LIFE LIMITED

Abbreviated Balance sheet As at 31st December 2012

	Notes	2012 £	2011 £
Fixed assets			
Intangible assets:	3	222	-
Tangible assets:	4	30,741	37,948
Total fixed assets:		<u>30,963</u>	<u>37,948</u>
Current assets			
Stocks:		26,401	22,574
Debtors:	5	66,959	78,330
Cash at bank and in hand:		270	15,496
Total current assets:		<u>93,630</u>	<u>116,400</u>
Creditors			
Creditors: amounts falling due within one year	6	57,146	92,859
Net current assets (liabilities):		<u>36,484</u>	<u>23,541</u>
Total assets less current liabilities:		67,447	61,489
Creditors: amounts falling due after more than one year:	7	73,455	44,214
Provision for liabilities:		0	6,914
Total net assets (liabilities):		<u><u>(6,008)</u></u>	<u><u>10,361</u></u>

The notes form part of these financial statements

FIT-FUR-LIFE LIMITED

Abbreviated Balance sheet As at 31st December 2012 continued

	Notes	2012 £	2011 £
Capital and reserves			
Called up share capital:	9	263	211
Profit and Loss account:		(6,271)	10,150
Total shareholders funds:		<u>(6,008)</u>	<u>10,361</u>

For the year ending 31 December 2012 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their 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 and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2008).

The financial statements were approved by the Board of Directors on 19 February 2013

SIGNED ON BEHALF OF THE BOARD BY:

Name: SAMANTHA FRENCH

Status: Director

The notes form part of these financial statements

FIT-FUR-LIFE LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st December 2012

1. Accounting policies

Basis of measurement and preparation of accounts

1.1 Accounting convention The financial statements are prepared under the historical cost convention and in accordance with the Financial Standard for Smaller Entities 1.2 Compliance with accounting standards The financial statements are prepared in accordance with applicable United Kingdom accounting standards (United Kingdom Generally Accepted Accounting Practice) which have been applied consistently (except as otherwise stated)

Turnover policy

Turnover represents the value of amounts receivable in respect of transactions occurring during the financial year, net of value added tax.

Tangible fixed assets depreciation policy

1.4 Tangible fixed assets Tangible fixed assets are stated at historical cost less accumulated depreciation. Depreciation is provided at rates calculated to write off each asset by equal instalments over its estimated useful life, as follows:-. Fixture, fittings and equipment - 25 % on cost Profits or losses on disposals are included in the calculation of operating profit.

Valuation information and policy

1.7 Stock Stock is valued at the lower of cost and new realisable value

Other accounting policies

1.5 Deferred taxation Deferred taxation is provided in full in respect of taxation deferred by timing differences between the treatment of certain items for taxation and accounting purposes. The deferred tax balance has not been discounted. 1.6 Foreign currencies Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. All differences are taken to profit and loss account.

FIT-FUR-LIFE LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st December 2012

3. Intangible assets

	Total
Cost	£
Additions:	222
	<u>222</u>
Net book value	£
At 31st December 2012:	<u>222</u>

This comprises investment in subsidiary company in the US

FIT-FUR-LIFE LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st December 2012

4. Tangible assets

	Total
Cost	£
At 01st January 2012:	49,882
Additions:	3,746
At 31st December 2012:	53,628
Depreciation	
At 01st January 2012:	11,934
Charge for year:	10,953
At 31st December 2012:	22,887
Net book value	
At 31st December 2012:	30,741
At 31st December 2011:	37,948

FIT-FUR-LIFE LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st December 2012

5. Debtors

	2012	2011
	£	£
Trade debtors:	30,377	70,255
Other debtors:	33,250	-
Prepayments and accrued income:	3,332	8,075
Total:	<u>66,959</u>	<u>78,330</u>

FIT-FUR-LIFE LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st December 2012

6. Creditors: amounts falling due within one year

	2012	2011
	£	£
Bank loans and overdrafts:	24,198	-
Amounts due under finance leases and hire purchase contracts:	2,718	2,615
Trade creditors:	4,525	82,321
Taxation and social security:	327	1,635
Accruals and deferred income:	7,358	4,993
Other creditors:	18,020	1,295
Total:	<u>57,146</u>	<u>92,859</u>

FIT-FUR-LIFE LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st December 2012

7. Creditors: amounts falling due after more than one year

	2012	2011
	£	£
Amounts due under finance leases and hire purchase contracts:	1,359	4,078
Other creditors:	72,096	40,136
Total:	<u>73,455</u>	<u>44,214</u>

FIT-FUR-LIFE LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st December 2012

9. Called up share capital

Allotted, called up and paid

Previous period			2011
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	21,100	0.01	211
Total share capital:			211
Current period			2012
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	26,300	0.01	263
Total share capital:			263

In issue 15,625 A ordinary shares 10,000 B ordinary shares 1,053 C ordinary shares

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.