

**FIT-FUR-LIFE LIMITED**

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

**Abbreviated (Unaudited) Accounts**

**Period of accounts**

**Start date: 01st January 2014**

**End date: 31st December 2014**

SUBMITTED

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# **FIT-FUR-LIFE LIMITED**

## **Company Information for the Period Ended 31st December 2014**

<b>Director:</b>	S FRENCH B CONNOLLY M FOTHERINGHAM
<b>Company secretary:</b>	J SAXBY
<b>Registered office:</b>	19 South Leys Fernhurst Surrey GU27 3LD
<b>Company Registration Number:</b>	05619044 (England and Wales)

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# FIT-FUR-LIFE LIMITED

## Abbreviated Balance sheet As at 31st December 2014

	Notes	2014 £	2013 £
<b>Fixed assets</b>			
Intangible assets:	3	222	222
Tangible assets:	4	10,022	20,068
<b>Total fixed assets:</b>		<u>10,244</u>	<u>20,290</u>
<b>Current assets</b>			
Stocks:		30,189	30,751
Debtors:		56,626	61,686
Cash at bank and in hand:		14,149	-
<b>Total current assets:</b>		<u>100,964</u>	<u>92,437</u>
<b>Creditors</b>			
Creditors: amounts falling due within one year		52,202	77,474
<b>Net current assets (liabilities):</b>		<u>48,762</u>	<u>14,963</u>
<b>Total assets less current liabilities:</b>		59,006	35,253
Creditors: amounts falling due after more than one year:		38,695	38,695
<b>Total net assets (liabilities):</b>		<u><u>20,311</u></u>	<u><u>( 3,442 )</u></u>

The notes form part of these financial statements

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# **FIT-FUR-LIFE LIMITED**

## **Abbreviated Balance sheet As at 31st December 2014 continued**

	<b>Notes</b>	<b>2014 £</b>	<b>2013 £</b>
<b>Capital and reserves</b>			
Called up share capital:	5	263	263
Profit and Loss account:		20,048	( 3,705 )
<b>Total shareholders funds:</b>		<u><b>20,311</b></u>	<u><b>( 3,442 )</b></u>

For the year ending 31 December 2014 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 26 March 2015

### **SIGNED ON BEHALF OF THE BOARD BY:**

Name: S FRENCH

Status: Director

The notes form part of these financial statements

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# **FIT-FUR-LIFE LIMITED**

## **Notes to the Abbreviated Accounts for the Period Ended 31st December 2014**

### **1. Accounting policies**

#### **Basis of measurement and preparation of accounts**

The financial statements are prepared under the historical cost convention and in accordance with the Financial Standard for Smaller Entities. 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**

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.

#### **Other accounting policies**

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

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# **FIT-FUR-LIFE LIMITED**

## **Notes to the Abbreviated Accounts for the Period Ended 31st December 2014**

### **3. Intangible assets**

	<b>Total</b>
<b>Cost</b>	<b>£</b>
At 01st January 2014:	222
	<u>222</u>
<b>Amortisation</b>	<b>£</b>
At 01st January 2014:	0
At 31st December 2014:	<u>0</u>
<b>Net book value</b>	<b>£</b>
At 31st December 2014:	<u>222</u>
At 31st December 2013:	<u>222</u>

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# **FIT-FUR-LIFE LIMITED**

## **Notes to the Abbreviated Accounts for the Period Ended 31st December 2014**

### **4. Tangible assets**

	<b>Total</b>
<b>Cost</b>	<b>£</b>
At 01st January 2014:	53,628
At 31st December 2014:	53,628
<b>Depreciation</b>	
At 01st January 2014:	33,560
Charge for year:	10,046
At 31st December 2014:	43,606
<b>Net book value</b>	
At 31st December 2014:	10,022
At 31st December 2013:	20,068

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# **FIT-FUR-LIFE LIMITED**

## **Notes to the Abbreviated Accounts for the Period Ended 31st December 2014**

### **5. Called up share capital**

Allotted, called up and paid

Previous period			<b>2013</b>
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	26,318	0.01	<b>263</b>
Total share capital:			<b>263</b>
Current period			<b>2014</b>
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	26,318	0.01	<b>263</b>
Total share capital:			<b>263</b>

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