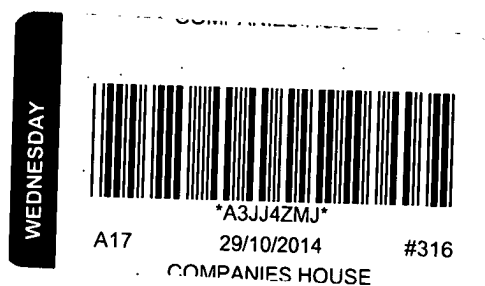


REGISTERED NUMBER: 07610960 (England and Wales)

Abbreviated Audited Accounts
for the Year Ended 31st March 2014
for
HEALTH FOR LIVING LIMITED



HEALTH FOR LIVING LIMITED (REGISTERED NUMBER: 07610960)

**Contents of the Abbreviated Accounts
for the year ended 31st March 2014**

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HEALTH FOR LIVING LIMITED

**Company Information
for the year ended 31st March 2014**

DIRECTORS:

M Bailey
Dr C R Handy OBE
Ms M Shafaq
Mrs A Tomlinson

SECRETARY:

D Saunders

REGISTERED OFFICE:

134 High Street
Blackheath
West Midlands
B650EE

REGISTERED NUMBER:

07610960 (England and Wales)

SENIOR STATUTORY AUDITOR:

M Harris

AUDITORS:

Bakers, Registered Auditors
(The practising name of
Baker (Midlands) Limited)
Arbor House
Broadway North
Walsall
WS1 2AN

**Report of the Independent Auditors to
Health For Living Limited
Under Section 449 of the Companies Act 2006**

We have examined the abbreviated accounts set out on pages three to four, together with the full financial statements of Health For Living Limited for the year ended 31st March 2014 prepared under Section 396 of the Companies Act 2006.

This report is made solely to the company, in accordance with Section 449 of the Companies Act 2006. Our work has been undertaken so that we might state to the company those matters we are required to state to it in a special auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company, for our work, for this report, or for the opinions we have formed.

Respective responsibilities of directors and auditors

The directors are responsible for preparing the abbreviated accounts in accordance with Section 444 of the Companies Act 2006. It is our responsibility to form an independent opinion as to whether the company is entitled to deliver abbreviated accounts to the Registrar of Companies and whether the abbreviated accounts have been properly prepared in accordance with the Regulations made under that Section and to report our opinion to you.

Basis of opinion

We conducted our work in accordance with Bulletin 2008/4 issued by the Auditing Practices Board. In accordance with that Bulletin we have carried out the procedures we consider necessary to confirm, by reference to the financial statements, that the company is entitled to deliver abbreviated accounts and that the abbreviated accounts to be delivered are properly prepared.

Opinion

In our opinion the company is entitled to deliver abbreviated accounts prepared in accordance with Section 444(3) of the Companies Act 2006, and the abbreviated accounts have been properly prepared in accordance with the Regulations made under that Section.

M Harris (Senior Statutory Auditor)
for and on behalf of Bakers, Registered Auditors
(The practising name of
Baker (Midlands) Limited)
Arbor House
Broadway North
Walsall
WS1 2AN

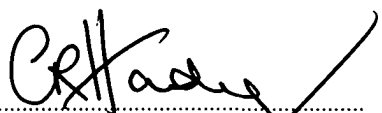
Date: 15 September 2014

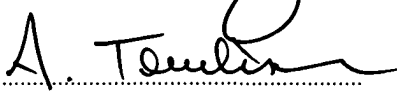
Abbreviated Balance Sheet
31st March 2014

		2014		2013	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible assets	2		888		2,273
CURRENT ASSETS					
Debtors		165,880		1,978	
Cash at bank		145,255		89,913	
		311,135		91,891	
CREDITORS					
Amounts falling due within one year		67,721		28,713	
NET CURRENT ASSETS			243,414		63,178
TOTAL ASSETS LESS CURRENT LIABILITIES			244,302		65,451
RESERVES					
Income and expenditure account			244,302		65,451
			244,302		65,451

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 9th September 2014 and were signed on its behalf by:


 Dr C R Handy OBE - Director


 Mrs A Tomlinson - Director

The notes form part of these abbreviated accounts

**Notes to the Abbreviated Accounts
for the year ended 31st March 2014**

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Turnover

Turnover represents net invoiced sales of services, excluding value added tax.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc - 33% on cost

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1st April 2013	
and 31st March 2014	4,154
DEPRECIATION	
At 1st April 2013	1,881
Charge for year	1,385
At 31st March 2014	3,266
NET BOOK VALUE	
At 31st March 2014	888
At 31st March 2013	2,273

3. MEMBERS' GUARANTEE

In the event of the company being wound up, the liability of each member is limited to £1.