

Registered Number 07650460

ASSERT HEALTH & FITNESS LTD

Abbreviated Accounts

31 May 2012

Abbreviated Balance Sheet as at 31 May 2012

	<i>Notes</i>	<i>2012</i>
		<i>£</i>
Fixed assets		
Tangible assets	2	898
		<u>898</u>
Current assets		
Cash at bank and in hand		147
		<u>147</u>
Net current assets (liabilities)		<u>147</u>
Total assets less current liabilities		<u>1,045</u>
Creditors: amounts falling due after more than one year		(7,328)
Total net assets (liabilities)		<u>(6,283)</u>
Capital and reserves		
Called up share capital		100
Profit and loss account		(6,383)
Shareholders' funds		<u>(6,283)</u>

- For the year ending 31 May 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.

Approved by the Board on 12 July 2013

And signed on their behalf by:

Mr D Coulson, Director

Notes to the Abbreviated Accounts for the period ended 31 May 2012**1 Accounting Policies****Basis of measurement and preparation of accounts**

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

Tangible assets depreciation policy

Depreciation is calculated so as to write off the cost of an asset over its economic life as follows:

Plant and Machinery 25% reducing Balance

2 Tangible fixed assets

	£
Cost	
Additions	1,198
Disposals	-
Revaluations	-
Transfers	-
At 31 May 2012	<u>1,198</u>
Depreciation	
Charge for the year	300
On disposals	-
At 31 May 2012	<u>300</u>
Net book values	
At 31 May 2012	<u><u>898</u></u>

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