



The Registrar of Companies
Companies House
Crown Way
Mandy
Cardiff
CF14 3UZ

Date 23rd January 2014

Dear Sirs

ASSERT HEALTH & FITNESS LTD (the "Company")
Company Number 7650460

RE: Reduction of Share Capital

In respect of the reduction in share capital of the above Company, we enclose for filing

- 1 Written resolution dated 23rd January 2014
- 2 Statement of Solvency dated 23rd January 2014
- 3 SH19 Statement of Capital dated 23rd January 2014

Furthermore, we confirm that the enclosed Statement of Solvency was made not more than 15 days before the date on which the enclosed written resolution dated 23rd January 2014 was passed to reduce the share capital and was provided to members in accordance with section 642(2) of the Companies Act 2006

Yours truly,

The Directors
ASSERT HEALTH & FITNESS LTD

DEAN COULSON

JOY COULSON

FIRST CORPORATE
16 CHURCHILL WAY
CARDIFF
CF10 2DX

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TUESDAY



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28/01/2014

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COMPANIES HOUSE