

Registered Number 07650460

ASSERT HEALTH & FITNESS LTD

Abbreviated Accounts

31 May 2016

Abbreviated Balance Sheet as at 31 May 2016

	<i>Notes</i>	<i>2016</i>	<i>2015</i>
		<i>£</i>	<i>£</i>
Fixed assets			
Tangible assets	2	2,512	6,342
		<u>2,512</u>	<u>6,342</u>
Creditors: amounts falling due within one year		(13,062)	(10,329)
Net current assets (liabilities)		<u>(13,062)</u>	<u>(10,329)</u>
Total assets less current liabilities		<u>(10,550)</u>	<u>(3,987)</u>
Creditors: amounts falling due after more than one year		(60,000)	(60,000)
Total net assets (liabilities)		<u>(70,550)</u>	<u>(63,987)</u>
Capital and reserves			
Called up share capital		100	100
Profit and loss account		(70,650)	(64,087)
Shareholders' funds		<u>(70,550)</u>	<u>(63,987)</u>

- For the year ending 31 May 2016 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 6 March 2017

And signed on their behalf by:

DEAN COULSON, Director

Notes to the Abbreviated Accounts for the period ended 31 May 2016

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.

Turnover policy

The turnover shown in the profit and loss account represents amounts invoiced during the year.

2 Tangible fixed assets

	£
Cost	
At 1 June 2015	15,321
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 31 May 2016	<u>15,321</u>
Depreciation	
At 1 June 2015	8,979
Charge for the year	3,830
On disposals	-
At 31 May 2016	<u>12,809</u>
Net book values	
At 31 May 2016	<u>2,512</u>
At 31 May 2015	<u>6,342</u>

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