

REGISTERED NUMBER: 09640353 (England and Wales)

Unaudited Financial Statements for the Period 16 June 2015 to 30 June 2016

for

Health And Lifestyle Ltd

Health And Lifestyle Ltd (Registered number: 09640353)

**Contents of the Financial Statements
for the Period 16 June 2015 to 30 June 2016**

Page

Company Information

1

Balance Sheet

2

DIRECTOR:

Miss N M Ramirez

REGISTERED OFFICE:

Emmanuel Hall
Swan Bottom
The Lee
Great Missenden
Buckinghamshire
HP16 9NN

REGISTERED NUMBER:

09640353 (England and Wales)

Balance Sheet
30 June 2016

	£
CALLED UP SHARE CAPITAL NOT PAID	100
CURRENT ASSETS	9,451
CREDITORS	
Amounts falling due within one year	<u>(9,005)</u>
NET CURRENT ASSETS	<u>446</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>546</u>
CAPITAL AND RESERVES	<u>546</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30 June 2016.

The members have not required the company to obtain an audit of its financial statements for the period ended 30 June 2016 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

The financial statements have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 11 March 2017 and were signed by:

Miss N M Ramirez - Director

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.