

Financial Statements for the Year Ended 30 June 2023

for

Health and Lifestyle Ltd

Contents of the Financial Statements
for the Year Ended 30 June 2023

Page

Balance Sheet

1

Balance Sheet
30 June 2023

	30.6.23		30.6.22	
	£	£	£	£
FIXED ASSETS		1,522		1,920
CURRENT ASSETS	278,795		274,966	
CREDITORS				
Amounts falling due within one year	<u>(108,474)</u>		<u>(94,094)</u>	
NET CURRENT ASSETS		<u>170,321</u>		<u>180,872</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		171,843		182,792
CREDITORS				
Amounts falling due after more than one year		<u>144,911</u>		<u>144,911</u>
NET ASSETS		<u>26,932</u>		<u>37,881</u>
CAPITAL AND RESERVES		<u>26,932</u>		<u>37,881</u>

NOTES TO THE FINANCIAL STATEMENTS

1. **STATUTORY INFORMATION**

Health and Lifestyle Ltd is a private company, limited by shares , registered in England and Wales. The company's registered number and registered office address are as below:

Registered number: 09640353

Registered office: Potterfield
Potter Row
Great Missenden
Buckinghamshire
HP16 9LU

2. **AVERAGE NUMBER OF EMPLOYEES**

The average number of employees during the year was 1 (2022 - 1) .

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2023 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
- (b) 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.

The financial statements have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the director and authorised for issue on 22 March 2024 and were signed by:

N 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.