

Registered Number 04614198

1-2-1 FITNESS & NUTRITION LIMITED

Abbreviated Accounts

31 December 2008

1-2-1 FITNESS & NUTRITION LIMITED

Registered Number 04614198

Balance Sheet as at 31 December 2008

	Notes	2008 £	£	2007 £	£
Fixed assets					
Tangible	2		<u>2,583</u>		<u>3,253</u>
Total fixed assets			2,583		3,253
Current assets					
Stocks				397	
Cash at bank and in hand		4,297		1,272	
Total current assets		<u>4,297</u>		<u>1,669</u>	
Creditors: amounts falling due within one year		(5,105)		(1,056)	
Net current assets			(808)		613
Total assets less current liabilities			<u>1,775</u>		<u>3,866</u>
Total net Assets (liabilities)			1,775		3,866
Capital and reserves					
Called up share capital			100		100
Profit and loss account			<u>1,675</u>		<u>3,766</u>
Shareholders funds			<u>1,775</u>		<u>3,866</u>

- a. For the year ending 31 December 2008 the company was entitled to exemption under section 249A(1) of the Companies Act 1985.
- b. The members have not required the company to obtain an audit in accordance with section 249B(2) of the Companies Act 1985
- c. The directors acknowledge their responsibility for:
 - i. ensuring the company keeps accounting records which comply with Section 221; and
 - ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 226, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- d. The accounts have been prepared in accordance with the special provisions in Part VII of the Companies Act 1985 relating to small companies

Approved by the board on 18 November 2009

And signed on their behalf by:
H Brown, Director

This document was delivered using electronic communications and authenticated in accordance with section 707B(2) of the Companies Act 1985.

Notes to the abbreviated accounts

For the year ending 31 December 2008

1 Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective June 2002)

Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Fitness Equipment	25.00% Reducing Balance
Office Equipment	25.00% Reducing Balance

2 Tangible fixed assets

Cost	£
At 31 December 2007	6,942
additions	
disposals	
revaluations	
transfers	
At 31 December 2008	<u>6,942</u>
Depreciation	
At 31 December 2007	3,689
Charge for year	670
on disposals	
At 31 December 2008	<u>4,359</u>
Net Book Value	
At 31 December 2007	3,253
At 31 December 2008	<u>2,583</u>