

BODY 2 FIT LIMITED
ABBREVIATED ACCOUNTS
FOR THE PERIOD ENDED 31 JULY 2008



BODY 2 FIT LIMITED

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BODY 2 FIT LIMITED

ABBREVIATED BALANCE SHEET

AS AT 31 JULY 2008

	Notes	2008 £	£
Fixed assets			
Intangible assets	2		16,200
Tangible assets	2		31,571
			<u>47,771</u>
Current assets			
Debtors		8,141	
Cash at bank and in hand		5,091	
		<u>13,232</u>	
Creditors: amounts falling due within one year		<u>(30,616)</u>	
Net current liabilities			<u>(17,384)</u>
Total assets less current liabilities			30,387
Creditors: amounts falling due after more than one year			(23,551)
Provisions for liabilities			<u>(4,213)</u>
			<u>2,623</u>
Capital and reserves			
Called up share capital	3		100
Profit and loss account			2,523
Shareholders' funds			<u>2,623</u>

BODY 2 FIT LIMITED

ABBREVIATED BALANCE SHEET (CONTINUED)

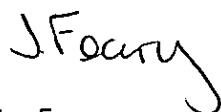
AS AT 31 JULY 2008

In preparing these abbreviated accounts:

- (a) The directors are of the opinion that the company is entitled to the exemption from audit conferred by Section 249A(1) of the Companies Act 1985;
- (b) No notice has been deposited under Section 249B(2) of the Companies Act 1985, and
- (c) The directors acknowledge their responsibilities for:
 - (i) ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985, 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 period and of its profit or loss for the financial period in accordance with the requirements of Section 226, and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

Approved by the Board for issue on 15 April 2009



Joy Feary
Director

BODY 2 FIT LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE PERIOD ENDED 31 JULY 2008

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007).

The effects of events in relation to the period ended 31 July 2008 which occurred before the date of approval of the financial statements by the Board of Directors, have been included in the statements to the extent required to show a true and fair view of the state of affairs at 31 July 2008 and of the results for the period ended on that date.

1.2 Compliance with accounting standards

The financial statements are prepared in accordance with applicable United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), which have been applied consistently (except as otherwise stated).

1.3 Turnover

Turnover represents amounts receivable for goods and services net of VAT and trade discounts.

1.4 Goodwill

Acquired goodwill is written off in equal annual instalments over its estimated useful economic life of 10 years.

1.5 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Computer equipment	- 33.3% straight line
Fixtures, fittings & equipment	- 25% straight line

2 Fixed assets

	Intangible assets £	Tangible assets £	Total £
Cost			
At 19 July 2007	-	-	-
Additions	18,000	40,191	58,191
At 31 July 2008	18,000	40,191	58,191
Depreciation			
At 19 July 2007	-	-	-
Charge for the period	1,800	8,620	10,420
At 31 July 2008	1,800	8,620	10,420
Net book value			
At 31 July 2008	16,200	31,571	47,771

BODY 2 FIT LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)

FOR THE PERIOD ENDED 31 JULY 2008

3	Share capital	2008
		£
	Authorised	
	100 Ordinary shares of £1 each	100
		<hr/>
	Allotted, called up and fully paid	
	100 Ordinary shares of £1 each	100
		<hr/>

4 Transactions with directors

The directors are party to a joint personal guarantee of £32,000 over the bank loan as disclosed in note 8.

5 Ultimate parent company

The company is controlled by the directors, J Feary and R White, by virtue of their shareholdings.