

Oyez

88(2)

Please complete in typescript, or
in bold black capitals.

CHFP041

(Revised 2005)

Return of Allotment of Shares

Company Number

06957400

Company name in full

HEALTHYDAYS GROUP PLC

Shares allotted (including bonus shares):

(see Guidance Booklet GBA6)

Date or period during which
shares were allotted

(If shares were allotted on one date
enter that date in the "from" box)

From
Day Month Year

30 09 2009

To
Day Month Year

Class of shares
(ordinary or preference etc)

ORDINARY SHARES

Number allotted

12,119,800

Nominal value of each share

£0.01

Amount (if any) paid or due on each
share (including any share premium)

£1.00

List the names and addresses of the allottees and the
number and class of shares allotted to each overleaf

If the allotted shares (including bonus shares) are fully or partly paid up otherwise than in
cash please state:

% that each share is to be
treated as paid up

100%

% (if any) that each share
is to be paid up in cash

100%

Consideration for which
the shares were allotted

(This information must be supported by
a certified copy of the

A share for share exchange for the shares in

HealthyDays Limited



A09 20/10/2009 216
COMPANIES HOUSE

A23 14/10/2009 302
COMPANIES HOUSE
COMPANIES HOUSE

When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF14 3UZ

DX 33050 Cardiff

for companies registered in England and Wales or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

DX 235 Edinburgh

for companies registered in Scotland

or LP - 4 Edinburgh 2

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Names and addresses of the allottees

Shareholder details (list joint allottees as one shareholder)		Shares and share class allotted	
Name(s) Amer Deen		Class of shares allotted Ordinary	Number allotted 11683580
Address 129 Totley Brook Road, Sheffield, South Yorkshire			
UK Postcode S 1 7 L 3 Q W			
Name(s) Julian Minwala		Class of shares allotted Ordinary	Number allotted 121200
Address 34 St Christophers, Handsworth Wood, Birmingham, West Midlands			
UK Postcode B 2 0 L 1 B P			
Name(s) David Wetton		Class of shares allotted Ordinary	Number allotted 121100
Address 4 Derby Lane, Cubley, Derbyshire			
UK Postcode D E 6 L 2 E Y			
Name(s) Selina Kerensky		Class of shares allotted Ordinary	Number allotted 121100
Address Ayresome Green Lane, Middlesbrough, Cleveland			
UK Postcode T 5 5 L 5 A Z			
Name(s) Stephen John Barclay		Class of shares allotted Ordinary	Number allotted 48480
Address 71 Raynham, Norfolk Crescent, London			
UK Postcode W 2 L L L 2 P Q			

Please enter the number of continuation sheets (if any) attached to this form

1

Signed

Amer Deen

Date

30/9/2009

** A director / secretary / administrator / administrative receiver / receiver / official receiver / receiver manager / voluntary arrangement supervisor

** Please delete as appropriate

Contact Details

You do not have to give any contact information in the box opposite but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

DMH Stallard LLP	
6 New Street Square, New Fetter Lane, London	
EC4A 3BF	Tel 020 7822 1500
DX number	DX exchange DX 344



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Company Number

06957400

Company name in full

HEALTHYDAYS GROUP PLC

88(2) (cont.)

Return of Allotment of Shares

Names and addresses of the allottees (continued)

Shareholder details (list joint allottees as one shareholder)		Shares and share class allotted	
Name(s)		Class of shares allotted	Number allotted
John Richard Shaw			
Address			
Garden Flat, 4 Camden Terrace, London		Ordinary	24240
	UK Postcode NW1 1EP		
Name(s)		Class of shares allotted	Number allotted
Address			
	UK Postcode		
Name(s)		Class of shares allotted	Number allotted
Address			
	UK Postcode		
Name(s)		Class of shares allotted	Number allotted
Address			
	UK Postcode		
Name(s)		Class of shares allotted	Number allotted
Address			
	UK Postcode		

Names and addresses of the allottees

Please do not
write in this
margin

Shareholder details (list joint allottees as one shareholder)	Shares and share class allotted	
Name(s) _____ Address _____ _____ UK Postcode L L L L L L L L	Class of shares allotted _____ _____ _____	Number allotted _____ _____ _____
Name(s) _____ Address _____ _____ UK Postcode L L L L L L L L	Class of shares allotted _____ _____ _____	Number allotted _____ _____ _____
Name(s) _____ Address _____ _____ UK Postcode L L L L L L L L	Class of shares allotted _____ _____ _____	Number allotted _____ _____ _____
Name(s) _____ Address _____ _____ UK Postcode L L L L L L L L	Class of shares allotted _____ _____ _____	Number allotted _____ _____ _____
Name(s) _____ Address _____ _____ UK Postcode L L L L L L L L	Class of shares allotted _____ _____ _____	Number allotted _____ _____ _____
Name(s) _____ Address _____ _____ UK Postcode L L L L L L L L	Class of shares allotted _____ _____ _____	Number allotted _____ _____ _____

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