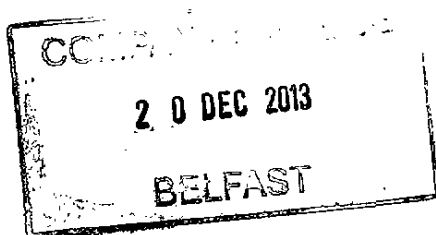


Company Number: NI058325

Active Health Solutions Limited
Unaudited Abbreviated Financial Statements
for the year ended 31 March 2013



Active Health Solutions Limited
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Active Health Solutions Limited

Company Number: NI058325

ABBREVIATED BALANCE SHEET

as at 31 March 2013

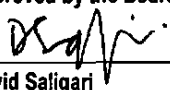
	Notes	2013 £	2012 £
Fixed Assets			
Tangible assets	1	23,263	24,569
Current Assets			
Debtors		28,566	21,230
Cash at bank and in hand		14,965	39,974
		43,531	61,204
Creditors: Amounts falling due within one year	2	(38,428)	(33,920)
Net Current Assets		5,103	27,284
Total Assets less Current Liabilities		28,366	51,853
Creditors			
Amounts falling due after more than one year	2	(13,276)	(15,972)
Net Assets		15,090	35,881
Capital and Reserves			
Called up share capital	3	2	2
Profit and loss account		15,088	35,879
Shareholders' Funds		15,090	35,881

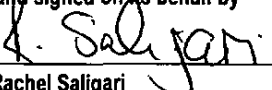
These abbreviated financial statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

For the financial year ended 31 March 2013 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006; and no notice has been deposited under Section 476.

The directors acknowledge their responsibility for ensuring that the company keeps accounting records which comply with Section 386 and for preparing financial statements 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 and loss for the 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.

Approved by the Board and authorised for issue on 16 December 2013 and signed on its behalf by


 David Saligari
 Director


 Rachel Saligari
 Director

Active Health Solutions Limited

ACCOUNTING POLICIES

for the year ended 31 March 2013

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with the Companies Act 2006 and the Financial Reporting Standard for Smaller Entities (effective April 2008). The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Turnover

Turnover represents the total invoice value, excluding value added tax, of sales made during the year.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible fixed assets, less their estimated residual value, over their expected useful lives as follows:

Short leasehold property	- 10% Straight line
Fixtures, fittings and equipment	- 20% reducing balance

Taxation

Current tax represents the amount expected to be paid or recovered in respect of taxable profits for the year and is calculated using the tax rates and laws that have been enacted or substantially enacted at the balance sheet date.

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more tax in the future, or a right to pay less tax in the future. Timing differences are temporary differences between the company's taxable profits and its results as stated in the financial statements.

Deferred tax is measured on an undiscounted basis at the tax rates that are anticipated to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated at the rates of exchange ruling at the balance sheet date. Transactions, during the year, which are denominated in foreign currencies are translated at the rates of exchange ruling at the date of the transaction. The resulting exchange differences are dealt with in the profit and loss account.

Active Health Solutions Limited

NOTES TO THE ABBREVIATED FINANCIAL STATEMENTS

for the year ended 31 March 2013

1. TANGIBLE FIXED ASSETS

	Total
	£
Cost	
At 1 April 2012	52,069
Additions	4,870
	<hr/>
At 31 March 2013	56,939
	<hr/>
Depreciation	
At 1 April 2012	27,500
Charge for the year	6,176
	<hr/>
At 31 March 2013	33,676
	<hr/>
Net book value	
At 31 March 2013	23,263
	<hr/> <hr/>
At 31 March 2012	24,569
	<hr/> <hr/>

2. CREDITORS

	2013	2012
	£	£
Included in creditors:		
Repayable after five years	13,276	15,972
	<hr/> <hr/>	<hr/> <hr/>

3. SHARE CAPITAL

			2013	2012
			£	£
Description	No of shares	Value of units		
Allotted, called up and fully paid				
Ordinary Shares Class 1	2	£1 each	2	2
			<hr/> <hr/>	<hr/> <hr/>