

Registered Number 05309992

THE HEALTH & FITNESS COMPANY LTD

Micro-entity Accounts

31 December 2020

THE HEALTH & FITNESS COMPANY LTD**Registered Number 05309992****Micro-entity Balance Sheet as at 31 December 2020**

	<i>Notes</i>	<i>2020</i>	<i>2019</i>
		£	£
Fixed Assets		37,438	37,169
Current Assets		55,942	10,668
Creditors: amounts falling due within one year		(33,429)	(39,119)
Net current assets (liabilities)		<u>22,513</u>	<u>(28,451)</u>
Total assets less current liabilities		<u>59,951</u>	<u>8,718</u>
Creditors: amounts falling due after more than one year		(33,450)	(12,050)
Provisions for liabilities		(4,644)	-
Total net assets (liabilities)		<u>21,857</u>	<u>(3,332)</u>
Capital and reserves		<u>21,857</u>	<u>(3,332)</u>

- For the year ending 31 December 2020 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.
- The accounts 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.

Approved by the Board on 30 June 2021

And signed on their behalf by:

S Gomm, Director

THE HEALTH & FITNESS COMPANY LTD

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Notes to the Micro-entity Accounts for the period ended 31 December 2020

1 Employees

	<i>2020</i>	<i>2019</i>
Average number of employees during the period	3	4