

Company registration number: 558390

Move Better Ltd

Unaudited abridged financial statements

for the financial year ended 28 February 2025

Move Better Ltd

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Move Better Ltd

Directors and other information

Directors	Mr James Farrelly Mr James Farrelly Snr
Secretary	Mr James Farrelly
Company number	558390
Registered office	33/34 Hills Industrial Estate Lucan Dublin K78RW94
Business address	33/34 Hills Industrial Estate Lucan Dublin K78RW94
Accountants	Doyle Foley & Co Ashwood The Avenue Gorey Co Wexford Y25 N235
Bankers	Allied Irish Bank 1 Main Street Lucan Co Dublin

Move Better Ltd
Balance sheet
As at 28 February 2025

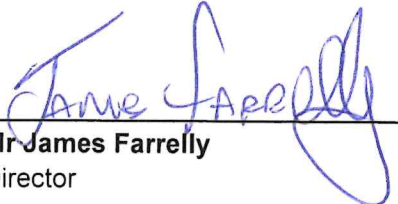
	2025	2024
	€	€
Creditors: amounts falling due within one year	(30,476)	(30,476)
Net current liabilities	<u>(30,476)</u>	<u>(30,476)</u>
Total assets less current liabilities	(30,476)	(30,476)
Net liabilities	<u><u>(30,476)</u></u>	<u><u>(30,476)</u></u>
Capital and reserves	<u><u>(30,476)</u></u>	<u><u>(30,476)</u></u>

We, as directors of Move Better Ltd state that:

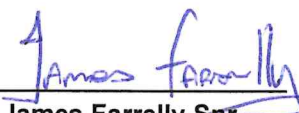
- (a) the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014;
- (b) the company is availing itself of the exemption on the grounds that the conditions specified in section 358 of the Companies Act 2014 are satisfied;
- (c) the shareholders of the company have not served a notice on the company under section 334(1) of the Companies Act 2014 in accordance with section 334(2);
- (d) we acknowledge the company's obligations under the Companies Act 2014, to keep adequate accounting records and prepare financial statements which give a true and fair view of the assets, liabilities and financial position of the company at the end of its financial year and of its profit or loss for such a financial year and to otherwise comply with the provisions of Companies Act 2014 relating to financial statements so far as they are applicable to the company; and
- (e) the company has relied on the specified exemption contained in section 352 of the Companies Act 2014; has done so on the grounds that the company is entitled to the benefit of that exemption as a micro company and the abridged financial statements have been properly prepared in accordance with section 353 of the Companies Act 2014.

The financial statements have been prepared in accordance with the micro companies regime.

These abridged financial statements were approved by the board of directors on 15 January 2026 and signed on behalf of the board by:



Mr James Farrelly
Director



Mr James Farrelly Snr
Director

Move Better Ltd

Notes to the abridged financial statements Financial year ended 28 February 2025

1. General information

Move Better Ltd is primarily engaged in the provision of activities of the operation of a gym and fitness centre.

The company is a private company limited by shares, registered in Ireland. The address of the registered office is 33/34 Hills Industrial Estate, Lucan, Dublin, K78RW94.

2. Statement of compliance

These financial statements have been prepared in accordance with FRS 105, 'The Financial Reporting Standard applicable to the Micro-entities Regime'.

3. Accounting policies and measurement bases

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in Euro, which is the functional currency of the entity.

4. Appropriations of profit and loss account

	2025	2024
	€	€
At the start of the financial year	(30,576)	(30,576)
At the end of the financial year	<u>(30,576)</u>	<u>(30,576)</u>