

**Registration number 525436**

**Kerry Health & Fitness Limited**

**Unaudited Financial Statements  
for the year ended 30 April 2025**

# Kerry Health & Fitness Limited

## Contents

	<b>Page</b>
Names of Directors and other information	<b>1</b>
Balance sheet	<b>2</b>
Notes to the financial statements	<b>3 - 4</b>

## **Kerry Health & Fitness Limited**

### **Names of Directors and Other Information**

Company Registration Number	525436
Place of Registration	Ireland
Legal form of Company	Private Company Limited by Shares
Registered Office	Lahard Beaufort Killarney Co. Kerry
Director	Ruth Allen
Company Secretary	Sean Buckley (Appointed 08/05/2024) Arlene Allen (Resigned 08/05/2024)
Bankers	Bank of Ireland New Street Killarney Co. Kerry

## Kerry Health & Fitness Limited

### Balance sheet as at 30 April 2025

	2025	2024
	€	€
Called up share capital not paid	-	-
Fixed assets	117,333	122,103
Current assets	10,309	3,766
Prepayments and accrued income	-	-
Creditors: amounts falling due within one year	(56,530)	(48,503)
Net current assets/(liabilities)	(46,221)	(44,737)
Total assets less current liabilities	71,112	77,366
Creditors: amounts falling after more than one year	(118,758)	(108,181)
Provisions for liabilities	-	-
Accruals and deferred income	(9,142)	(9,173)
	<u>(56,788)</u>	<u>(39,988)</u>
Capital and reserves	<u>(56,788)</u>	<u>(39,988)</u>

We, as directors of Kerry Health & Fitness Limited, 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 s.358 are satisfied,
- c) the shareholders of the company have not served a notice on the company under s.334(1) in accordance with s.334(2) of the Companies Act 2014
- 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 year and otherwise comply with the provisions of the Companies Act 2014 relating to Financial Statements so far as they are applicable to the company,
- e) the company has relied on the specified exemption contained in s.352; We have 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 s.353.

On behalf of the board

**Ruth Allen**  
**Director**

**Date: 28 March 2026**

## **Kerry Health & Fitness Limited**

### **General Information and Accounting Policies**

The financial statements are prepared in accordance with the micro company regime and under the historical cost convention. The accounts are presented in Euro. The significant accounting policies adopted are set out below.

Tangible fixed assets are stated at cost less accumulated depreciation. No depreciation is provided on freehold land.

The charge for depreciation or other assets is calculated to write down cost to their estimated residual values by equal annual instalments over the expected useful lives, which are as follows:

- a) Equipment 12.5% straight line
- b) Motor vehicles 12.5% straight line

All financial instruments are at transaction cost less impairment.

Directors loans are at nominal value.

Transactions in foreign currencies are recorded at the rate ruling at the date of the transactions or at a contracted rate. The resulting monetary assets and liabilities are translated at the balance sheet rate or the contracted rate and the exchange differences are dealt with in the profit and loss account.

Stocks are stated at the lower of cost and net realisable value. In the case of finished goods and work in progress, cost is defined as the aggregate cost of raw material, direct labour and the attributable proportion of direct production overheads. Net realisable value is based on normal selling price, less further costs expected to be incurred to completion and disposal.

Tangible fixed assets acquired under finance leases are included in the balance sheet at their equivalent capital value and are depreciated over their useful lives. The corresponding liabilities are recorded as a creditor and the interest element of the finance lease rentals is charged to the profit and loss account on an annuity basis. Operating lease rentals are charged to the profit and loss account on a straight-line basis over the lease term.

Deferred tax is not provided for.

Pension benefits for employees are met by payments to a defined contribution pension fund. Contributions are charged to the profit and loss account in the year which they fall due.

Capital government grants received are shown as deferred income and credited to the profit and loss account by instalments on a basis consistent with the depreciation policy of the relevant assets. Revenue grants are credited to the profit and loss account to offset matching expenditure.

Turnover represents fees earned during the year and includes value added tax.

## Kerry Health & Fitness Limited

### Notes to the Financial Statements

#### Guarantee and other financial commitments

There were no guarantees or any other financial commitments at 30 April 2025.

#### Directors loans, credit and guarantees

The company made no loans, nor provided credit or guarantees to directors during the year.

#### Security

The company's bank borrowings are secured by the personal guarantee of Ruth Allen.

#### Dividend

No dividend was paid by the company during the year.

#### Reconciliation of reserves

	<b>2025</b>	<b>2024</b>
Opening reserves	(39,998)	1,192
Profit/(loss) for the year	(16,800)	(41,190)
Closing reserves	<u>(56,798)</u>	<u>(39,998)</u>

#### Approval of financial statements

The financial statements were approved by the Board on 28 March 2026 and signed on its behalf by

**Ruth Allen**  
Director