LIFE ORIENTATION



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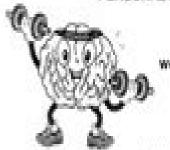
MEMO-2024

LIFE ORIENTATION

COMMONASSESSMENTTASK

SEPTEMBER 2024

PERSONAL FITNESS AND HEALTH GOALS



Committing to a consistent work-out routine, lifestyle and nutritional plan will not only build your body.

it will also build your mind.

[Adapted from year intockphoto.com. Accessed on 18 July 2004.]

- 1.4.1 Describe ONE social benefit of including recreational activities in a personal lifestyle plan. (1 x 2)
- 1.4.2 Explain how following a consistent exercise routine could contribute to your mental well-being. (1 x 2)
- 1.4.3 Discuss ONE possible advantage of following a balanced rutritional plan on a person's long-term physical health: (1 x 2)

Memo Life Orientation Grade 1oct Nov 2013

Guillaume Favre

Memo Life Orientation Grade 1oct Nov 2013:

Memo Life Orientation Grade 1oct Nov 2013 Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Memo Life Orientation Grade 1oct Nov 2013**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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