

LIFE ORIENTATION



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

MEMO-2024

LIFE ORIENTATION

COMMON ASSESSMENT TASK

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 www.stockphoto.com. Accessed on 18 July 2024.)

- 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 nutritional plan on a person's long-term physical health. (1 x 2)

Life Orientation Grade 1final Memo 2013

M Woodhall



Life Orientation Grade 1final Memo 2013:

Discover tales of courage and bravery in is empowering ebook, **Life Orientation Grade 1final Memo 2013** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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