

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 Memo

Annelies Wilder-Smith



Life Orientation Memo:

Whispering the Secrets of Language: An Emotional Journey through **Life Orientation Memo**

In a digitally-driven world wherever screens reign great and instant conversation drowns out the subtleties of language, the profound secrets and mental nuances concealed within phrases frequently move unheard. Yet, set within the pages of **Life Orientation Memo** a fascinating fictional value pulsing with organic feelings, lies an exceptional journey waiting to be undertaken. Published by an experienced wordsmith, that charming opus attracts readers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within ab muscles material of every word. Within the emotional depths of the emotional evaluation, we can embark upon a genuine exploration of the book is core themes, dissect its interesting writing type, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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