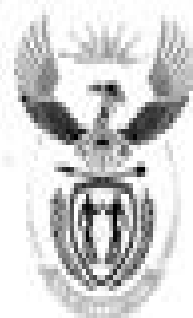


# LIFE ORIENTATION



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](http://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)

# Grade 1life Orientation Final Exam Memo

**Victor M. Corman**



**Grade 1life Orientation Final Exam Memo:**

## The Enigmatic Realm of **Grade 1life Orientation Final Exam Memo**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Grade 1life Orientation Final Exam Memo** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

<https://staging.conocer.cide.edu/About/uploaded-files/index.jsp/human%20factor%20management%20culture%20in%20a%20changing%20world.pdf>

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