

LIFE ORIENTATION



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

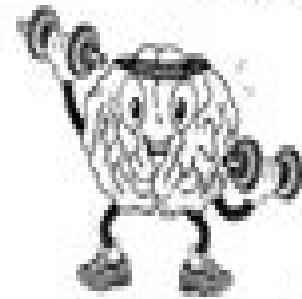
LIFE ORIENTATION

COMMON ASSESSMENT TASK

SEPTEMBER 2024

MEMO-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.dreamstime.com. Accessed on 10 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)

14 Exemplar Life Orientation

Karin Nielsen-Saines

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