

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)

14 Exemplar Life Orientation

Karin Nielsen-Saines



14 Exemplar Life Orientation:

Eventually, you will completely discover a new experience and realization by spending more cash. yet when? do you say you will that you require to get those all needs past having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to comprehend even more approximately the globe, experience, some places, in the same way as history, amusement, and a lot more?

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14 Exemplar Life Orientation Introduction

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