

# 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)

# **Memo For Life Orientation Final Paper**

**Institute of Pacific Relations.  
Conference**



## **Memo For Life Orientation Final Paper:**

## Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Memo For Life Orientation Final Paper**

In a global inundated with monitors and the cacophony of instant communication, the profound energy and emotional resonance of verbal artistry frequently diminish into obscurity, eclipsed by the constant onslaught of sound and distractions. However, nestled within the lyrical pages of **Memo For Life Orientation Final Paper**, a charming function of literary beauty that pulses with fresh thoughts, lies an wonderful trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this interesting opus books visitors on a mental odyssey, lightly revealing the latent potential and profound affect stuck within the complex internet of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is key themes, dissect its charming writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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### **Memo For Life Orientation Final Paper Introduction**

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