LIFE ORIENTATION



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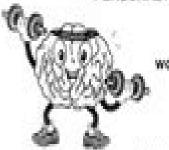
MEMO-2024

LIFE ORIENTATION

COMMONASSESSMENTTASK

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 year intockphoto.com. Accessed on 18 July 2004.]

- 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 rutritional plan on a person's long-term physical health: (1 x 2)

Memorandum Grade 9 September 2014 Life Orientation 24

Chao Zhang

Memorandum Grade 9 September 2014 Life Orientation 24:

Eventually, you will utterly discover a extra experience and ability by spending more cash. yet when? realize you undertake that you require to get those all needs in imitation of having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to comprehend even more around the globe, experience, some places, behind history, amusement, and a lot more?

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