

# 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)

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**KJ Lindholm-Leary**



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