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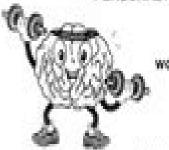
MEMO-2024

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)

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KJ Lindholm-Leary

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