

# 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.stoklabola.com](http://www.stoklabola.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)

# Life Orientation Grade12 2015 Task3 Memo

**Chao Zhang**



**Life Orientation Grade12 2015 Task3 Memo:**

## **Life Orientation Grade12 2015 Task3 Memo** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Life Orientation Grade12 2015 Task3 Memo**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

<https://media.cfan.org/results/publication/HomePages/Live%20Laugh%20Love%20Again%20A%20Christian%20Woman39s%20Survival%20Guide%20To%20Divorce.pdf>

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