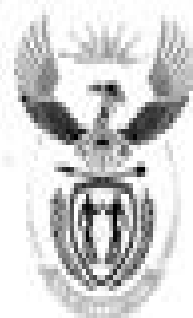


LIFE ORIENTATION



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. 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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Army Medical Library (U.S.)



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The LGBT Casebook Petros Levounis, Jack Drescher, Mary E. Barber, 2012 The LGBT Casebook provides a general overview and roadmap for clinicians new to treating LGBT individuals and it deepens and updates knowledge for those already seeing these patients in their practices **NASA Technical Memorandum** ,1979 **Resources in Education** ,1991-07 *The JWB Survey* Oscar Isaiah Janowsky, 1948 **Congressional Record** United States. Congress, 1993 The Bihar Information ,1966 Bulletin of the Atomic Scientists ,1993-05 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin s iconic Doomsday Clock stimulates solutions for a safer world Department of State News Letter United States. Department of State, 1977 Administrative Management ,1973 *Bio-astronautics; an ASTIA Report Bibliography* Armed Services Technical Information Agency (U.S.), Defense Documentation Center (U.S.), 1959

Index-catalogue of the Library of the Surgeon General's Office, United States Army (Armed Forces Medical Library). Armed Forces Medical Library (U.S.), National Library of Medicine (U.S.), Library of the Surgeon-General's Office (U.S.), 1955 Collection of incunabula and early medical prints in the library of the Surgeon general s office U S Army Ser 3 v 10 p 1415 1436 **Military Medicine** Armed Forces Medical Library (U.S.), 1955 Index-catalogue of the Library of the Surgeon General's Office, United States Army (Army Medical Library). Authors and Subjects Army Medical Library (U.S.), 1955 **Index-catalogue of the Library of the Surgeon-General's Office, United States Army** National Library of Medicine (U.S.), 1955 *Newsletter* ,1976 *Research in Education* ,1973 ThirdWay ,1987-01 Monthly current affairs magazine from a Christian perspective with a focus on politics society economics and culture *Canada's Global Villagers* Ruth Compton Brouwer, 2013-09-27 Established in 1961 the same year as the US Peace Corps Canadian University Service Overseas CUSO became the first Canadian NGO to undertake development work from a secular stance and in a context of rapid decolonization Over the next twenty five years nine thousand volunteers many of them women travelled to over forty countries and became Canada s face in the Global South Drawing on more than one hundred interviews Brouwer tells the story of how these young Canadians responded to the challenges of underdevelopment Moving beyond their initial na vet they sought to fit into the host communities that had invited them and to provide social services particularly in education Returning home they brought unique skills to the Canadian International Development Agency CIDA and other development organizations and a new level of global consciousness and cultural diversity to Canadian society At a time when many are concerned about Canada s waning reputation for global humanitarianism this book reminds us of an earlier more hopeful time Who's who Among Students in American Universities and Colleges Henry Pettus Randall, 1978 **News Letter** United States. Department of State, 1977

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