BEST TRAILS IN NEGERI SEMBILAN, MALAYSIA

BENEFIT OF HIKING:
1) Lower your risk of heart disease.
2) Improve your blood pressure and blood sugar levels.
3) Boost bone density, since walking is a weight-bearing exercise.
4) Build strength in your glutes, quadriceps, hamstrings, and the muscles in your hips and lower legs.
5) Strengthen your core.
6) Improve balance.