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FPHP BULLETIN HOT & TOUR

THE CROSSROADS;
UNVEILING FOOD, TRENDS, & CULTURAL EXPERIENCES

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WHY HIKING? INTERESTING STORY TO SHARE

BY HUSSIN KHAN RAHMATULLAH KHAN

Hi everyone! Assalamualaikum. I'd like to share a story about why I enjoyed hiking. Activities like hiking (climbing) mountains or hills are getting crazier and crazier.

People of all ages, including the young and old love going to hills or mountains for recreation. The public now frequently engages in a variety of outdoor activities. This is a sign that the public has understood that in addition to time spent at work or home, outdoor activities contribute to a healthy lifestyle.

A key element in a person's health care. Typically, a place that is 1000 meters above the sea level is used to distinguish between hills and mountains. Mountains are defined as sources that are higher than 1000 meters. However, if a place is above 300 meters and is on a plateau where all areas are above 1000 meters above

the sea level, it is already referred to as a mountain. This activity can make the body healthy. Especially if one is hiking quickly, making this activity a low-impact cardio that is quite good for the body. For those who care about the calorie count, this helps in burning calories around 500 calories per hour.

An individual's stamina may be tested by hiking activities. Due to cardiac activity, it can burn a lot of calories. As one of the top five cardio workouts, hiking offers the body a variety of health advantages. If done correctly, this kind of exercise can improve the hips and thighs in addition to the leg and gluteus muscles. As a result of constant movement over an extended period, people who frequently hike have strong legs and flexible hips.

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Furthermore, hiking can lower blood pressure and lower your risk of getting diabetes, heart disease, and obesity. But even while it appears that hiking is more of a physical activity that is good for the body, it also has some other interesting benefits.

My internal state of calm is enhanced by this activity. The commotion of work is something that we can flee from through hiking. You can gain tranquility by receiving physical and mental therapy. What's more, we are surrounded by the splendour of the forest with a variety of flora and fauna.

The best treatment we can have after a strenuous climb is the view of the "Carpet Cloud" served at the mountain's summit. Like the saying "No Pain, No Gain". We won't get all of this if we stay at home.



'You can gain tranquility by receiving physical and mental therapy.'

BY HUSSIN KHAN RAHMATULLAH KHAN

Carrying out this activity requires a lot of energy. Of course, I feel hungry. Be advised that for an altitude of more than 1000 meters, the journey may take more than 7 - 8 hours. Energy foods such as energy bars, beans, dates, and sugary drinks are needed to supply energy throughout hiking so that you don't tremble due to the lack of sugar in the body. Adequate water is also essential.

Another common query is "Do I cook on the mountain?". Yes, I do simple cooking. Cooking in the forest, especially on a mountain, demands careful planning. Even if you are a skilled chef. This is because you are carrying at least 15 kg of equipment, including tents, lanterns, sleeping bags, drinking water, and other items. I only brought the necessary food. Spicy food should be avoided as you will face difficulties if there is no source of water. Haha!

The tiredness factor also partially suppresses hunger. Another choice is the travel food pack (Pek Kembara) as it is more palatable and simpler to prepare. You only need to pour water into the pack, and in a few minutes the food can be eaten. Simple, huh?

Finally, everyone can participate in this hiking activity. It is important that every activity needs to be as carefully planned as possible. Let's head into the forest and climb the mountain. Adios....

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