

二、
Going hiking is the exercise that I do most often in everyday life. Since my family^{members} all live near Yangmingshan, it serves as a paradise for my family to release pent-up stress and get rid of the hustle and bustle of Taipei City. Generally, my relatives and I do not carry anything with us; if any, the only thing that keeps us company is a joyful frame of mind. We are^{usually} shooting the breeze with one another along our way to the peak because weekly hiking activities are the perfect way to

背面可繼續作答

strengthen the bond between family members. In addition, we will stop temporarily if we find a fascinating place, such as a small garden where the flowers are in bloom, and take pictures, or even have a picnic right there!

The reason why I love this outdoor exercise so much is that it connects the whole family tightly. Since everyone has his or her work to do, responsibilities to fulfill, or even the studies to accomplish, it is almost impossible for us to meet each other and share our emotions^{on weekdays} when we need someone to talk with. However, going hiking on a weekly basis helps us to conquer this obstacle! As for how it influences me, I would say it enables me to realize the true meaning of family. My family is my best support behind my glory and my loyal refuge on the stormy days in the course of life. I am eternally grateful that going hiking brings my family closer and I am convinced that it will play a vital role in my life forever.