



MAKING THE MOST OF EVERY DAY WITH CLL: TIPS FROM ALEJANDRO

I've always loved being outdoors. Whether I'm walking through nature with family or simply watching a sunrise, spending time outside reminds me to embrace today. Everyone's journey with chronic lymphocytic leukemia (CLL) is different, but here are a few things that have helped me along the way.

✓ Start with what you enjoy

It could be a walk, exploring a national park, or walking a new trail. I've found that doing something that's rewarding can make it easier to stay active. For me, being in nature helps to improve how I feel, both mentally and physically.

✓ Make time for the people who matter

One thing CLL taught me is to prioritize the people I love. I make time for family and friends and when I find a window, I head outside for an adventure with them, or even just myself.

✓ Take it one day at a time

Some days I sense that I am ready for a long bike ride. Other days, I slow down. I've learned to listen to my body and adjust any plans I have, when needed.

✓ Plan ahead

I like having a plan before I head out. Bringing water, dressing for the weather, and choosing an activity that matches how I'm feeling helps me make the most of each day.

✓ Celebrate today

I've learned to appreciate the little moments: sharing a laugh with family, discovering a new park, or just spending time in the open air. Every day is an opportunity to enjoy what matters most.

Discover more resources at CLLCancer.com

Before starting a new physical activity or changing your routine, talk with your healthcare team about what's right for you.



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