



# MOVEMENT, NATURE, AND LIVING WELL WITH CLL

Living with chronic lymphocytic leukemia, or CLL, can change the way you think about your time and your daily routine. Throughout the journey, many people look for ways to stay connected to the activities, people, and places that bring them joy.

That is the spirit of Time For Treks: making space for fresh air, movement, and meaningful moments outdoors, all at a rewarding pace.



## Every Path Looks Different

Living with CLL is different for everyone. Your interests, energy level, treatment experience, and daily routine are unique – and your approach to physical activity should be, too.

There is no one “right” way to be active with CLL. Some days you may feel ready for a longer adventure; other days, a short walk may be enough. Your trek does not have to be far to be worthwhile. It just has to be yours.

### Your version of a trek might be:

- Walking through your neighborhood
- Visiting a local park and hiking an easy trail
- Gardening at home
- Sitting in the sunshine with a friend or loved one

The goal is to make time for what helps you feel present, connected, and engaged with life. You can do what is right for you.



## Start Small. Look Around. Take It In.

Small moments outdoors can become meaningful parts of your routine.

### You might start by:

- Taking a short walk after breakfast
- Exploring a new trail, garden, or neighborhood path
- Inviting a friend, family member, or caregiver to join you
- Bringing a camera or journal to capture what you notice



## Talk With Your Healthcare Team First

**Physical activity is not a treatment for CLL. Recommendations should be individualized and discussed with your medical team.**

Before starting a new physical activity, changing your routine, or planning a longer outdoor outing, talk with your medical team. They can help you understand what types of activity may be appropriate for you based on your health, energy level, treatment plan, and any precautions you may need to take.

### You can ask questions such as:

- What types of physical activity are safe for me right now?
- Are there activities I should avoid?
- How should I pace myself?
- What signs [from my body] should tell me to stop and rest?
- Are there precautions I should take when spending time outdoors?

With your medical team’s guidance, you can choose activities that support your well-being and fit your life.



## Plan for a Better Trek

A little preparation can help make time outdoors more comfortable and enjoyable.

Listening to your body is part of the journey. Resting, slowing down, or changing plans is not a setback. It is a way to care for yourself.

### Before you head out:

- Choose an activity that matches how you feel that day
- Bring water
- Dress for the weather
- Wear comfortable shoes
- Use sun protection when appropriate
- Take breaks when you need them
- Consider going with someone else



## Explore What's Around You

The outdoors can offer many ways to reconnect with what matters most. A peaceful trail, a quiet lake, a shaded picnic area, or a scenic overlook can become part of your own Time For Treks experience.

Across the country, national parks offer opportunities to enjoy nature in many different ways, from accessible paths and scenic drives

to visitor centers, overlooks, gardens, and ranger-led programs. With your doctor's guidance and a personalized plan, exploring these spaces may be one way to make the most of your time outdoors.

**To learn more about national parks and find places to explore, visit:**

[nationalparks.org/explore/parks](https://www.nationalparks.org/explore/parks).



# FIND YOUR OWN PATH

**Time For Treks is a reminder to make time for the moments that matter — one step at a time.**

Before beginning a new physical activity or changing your routine, talk with your healthcare team about what is appropriate for you.



**National  
Park Foundation**

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