



One Day or Day One

News & Notes from Full Potential



ALL SMILES AFTER A SNOWY RUCK!

WINTER RECHARGE

WOMEN'S WINTER WONDERLAND WEEKEND

Looking for 11 ladies interested in slipping away for an all-inclusive weekend of snowshoeing, massage, yoga, swimming, sauna, and relaxation in a gorgeous setting on Drummond Island, MI. February 21st - 23rd. Click below for more information & registration.

[Winter Wonderland Getaway](#)

YEP I SAID...LET'S RUCK THE U.P.!

- Looking for accountability with your wellness goals?
- Need to consider a new way to unload stress from your daily grind?
- Want to explore some fabulous trails in Michigan?
- Want to set & reach new goals you didn't think you could before?
- Thrive with the support of others in a group setting

**JOIN MY
RUCK
CLUB!**

FOOD SUBSTITUTIONS 101

If you have food restrictions, you know they can make mealtimes a challenge.

Whether you have an allergy, intolerance, sensitivity, or avoid a food for health, religious, or ethical reasons, it can be tough to know what to eat.

The good news is, there are simple swaps for *everything*.

This guide will walk you through some of the BEST subs for common foods.

That way, you can tweak recipes to enjoy all your favorite dishes -- no matter what restrictions you have!

Common Dietary Restrictions

- Vegetarian
- Vegan
- Kosher
- Gluten-free
- Dairy-free
- Lactose-free
- Diabetes
- Low-sodium
- Low-carb
- Keto
- Paleo

Common Food Allergies & Sensitivities



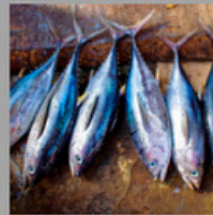
WHEAT



COW'S MILK



EGGS



FISH



SHELLFISH



SOY



PEANUTS



TREE NUTS



SESAME

[Click here to view a full resource regarding food substitutions](#)

Michigan Weather be Like

2:00PM

2:30PM

2:45PM

LOOKING AHEAD

>>> Upcoming Events

Feb 2: Group Ruck

Feb 8: Lantern Lit Group Ruck @ Derby Preserve

Feb 12-16: Munising Ice Fest

Feb 21-23: Women's Winter Wonderland Weekend

Feb 23: Group Ruck

CLIENT SPOTLIGHT

>>> Meet Shawn Merritt

For years, I've been committed to working out five days a week, relying on a mix of stationary biking and HIIT to stay active. But when my wife and I started working with Stacy at Full Potential, we discovered a whole new approach to



fitness and nutrition—one that has made a real difference in how we feel, perform, and sustain our energy throughout the day. But one of the biggest game-changers? Rucking. Stacy introduced us to this full-body workout that combines strength, endurance, and the great outdoors. Now, instead of grinding away on a stationary bike, my wife and I ruck three times a week—getting fresh air, building muscle, and challenging our cardiovascular fitness in a way that feels both natural and rewarding.