

Full Potential

# One Day or Day One

News & Notes from Full Potential



*Snowshoe outing during the Women's Winter Wonderland Weekend*

## Women's Winter Wonderland Weekend Recap

"Perfect mix of activities, price, and of course the perfect mix of women!"

"Extremely organized!"

"The food and drinks were amazing and healthy."

"I wish could have stayed longer"

"Prepared, delicious meals, fantastic and well thought out location & accommodation!"


"The activities were a lot of fun!"

"It was a good balance of things to do and lots of options for down time to reflect without distractions of everyday things."



# Clean Eating No-Cook *Flexible Meal Plan*

WHETHER IT IS TIME CONSTRAINTS  
OR LACK OF DESIRE TO COOK,  
THESE MEAL IDEAS WILL HELP YOU  
EAT HEALTHY WITH LESS EFFORT.



[CLICK FOR MEAL IDEAS!](#)



# RUCK CLUB ENROLLMENT IS OPEN!

Choose the ruck that  
fits your goals!

Reach a monthly goal with daily  
distance and strength plans!

## **Walkers**

Walk 20 miles this month!

## **Beginner Rucker**

Ruck 25 miles this month!

## **Intermediate Rucker**

Ruck 30 miles and get stronger with  
weekly strength training movements!

Group Rucks!

Nutrition tips

InBody Scans

Fitness

Friends

Outdoors

**Learn more,**  
**Sign-up!**



**\$50** /month

Plus a one-time \$30 enrollent fee

**Long Sleeve T-shirt Included  
with Enrollment !**

## LOOKING AHEAD >>> *Upcoming Events*

March 29: Group Ruck Freighter Festival of Races

April 1: New Ruck Club Training Block starts.  
Sign up by March 31st!

May 30-31: Pictured Rocks Beginner Backpacking  
Trip. Book your spot on the trail!

## ATHLETE SPOTLIGHT >>> *Mandy Forfinski*

Balancing a love for the outdoors, fitness, and time with family and friends, Mandy is always up for a challenge. Whether running 5Ks, tackling mud runs (sometimes with her pups by her side), or recently diving into rucking, she thrives on movement and adventure.



An avid runner who enjoys the simple joys of fresh air, good books, animals, and, of course, coffee and chocolate, she finds ways to stay active while embracing what she loves most. Now, she's pushing herself even further—training for a Spartan Race with a close friend and preparing for another Tough Mudder alongside another pal and their two oldest boys.

For Mandy, fitness is more than just a workout—it's about community, camaraderie, and creating lasting memories with those who matter most. Keep an eye out—she's just getting started!