
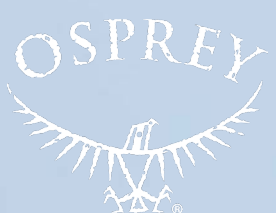
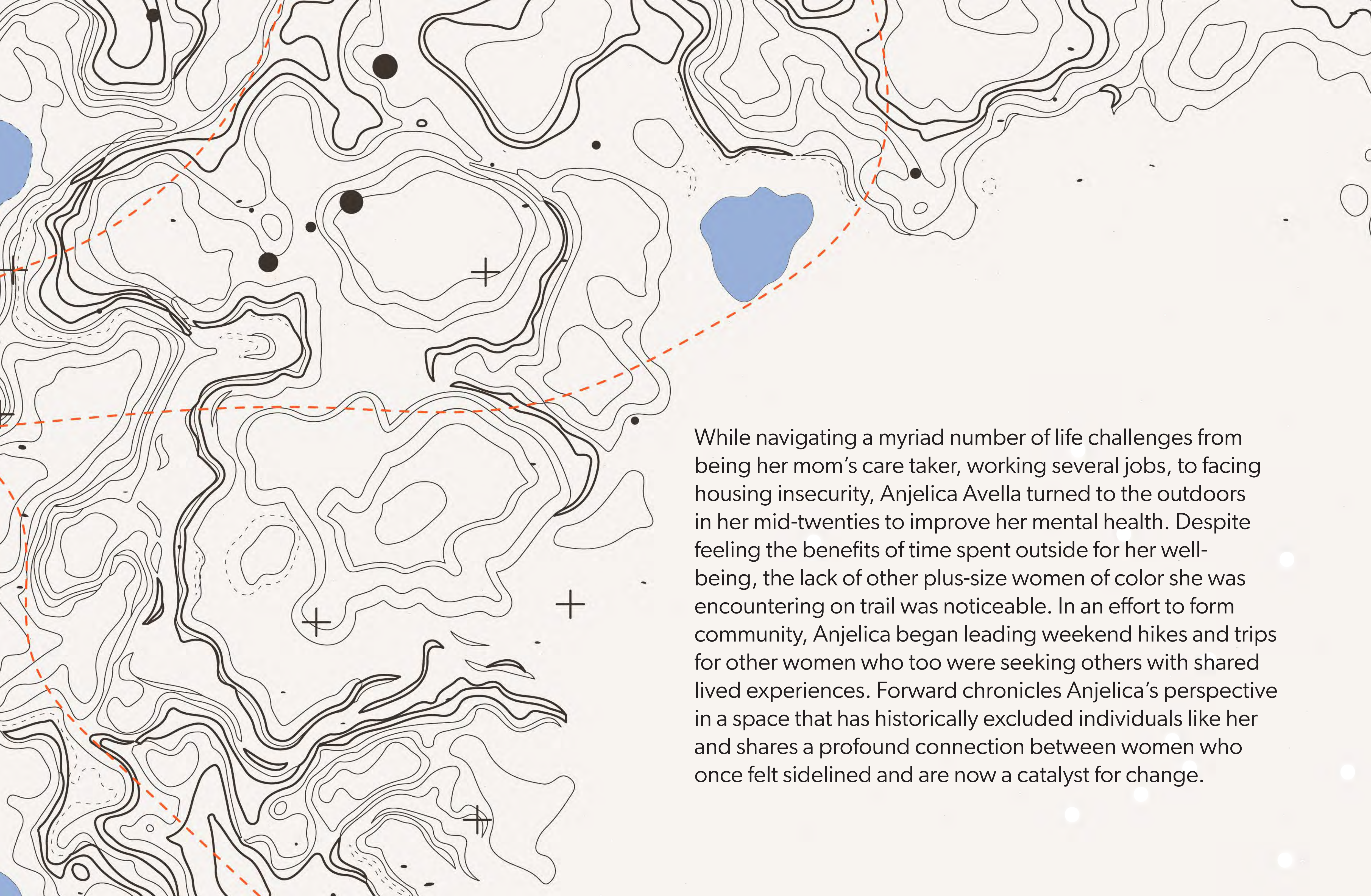




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F O R W A R D



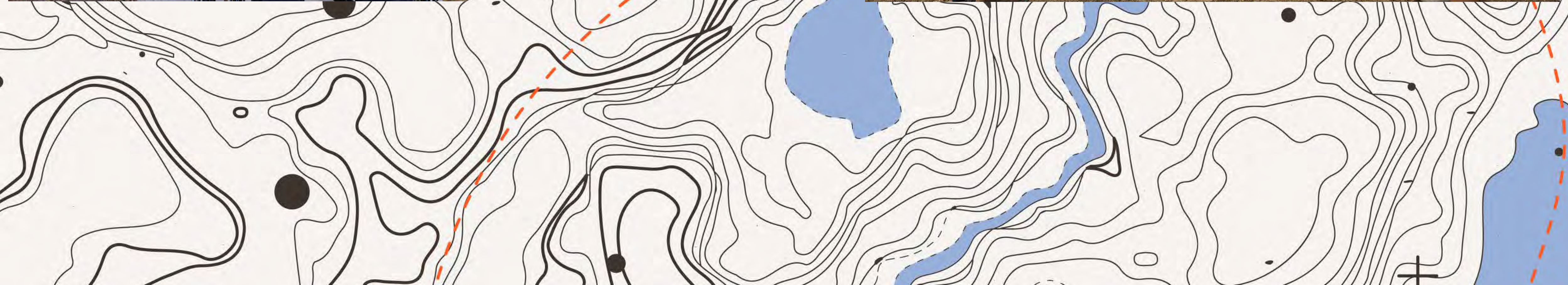
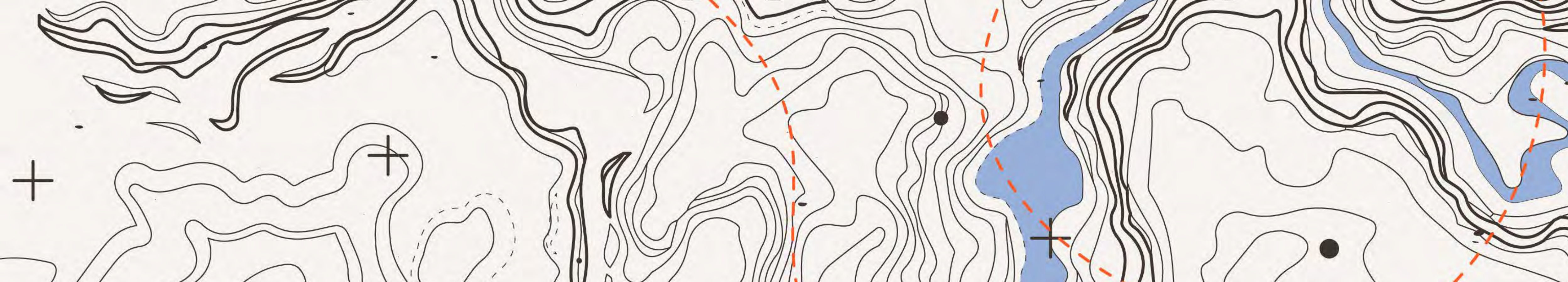


While navigating a myriad number of life challenges from being her mom's care taker, working several jobs, to facing housing insecurity, Anjelica Avella turned to the outdoors in her mid-twenties to improve her mental health. Despite feeling the benefits of time spent outside for her well-being, the lack of other plus-size women of color she was encountering on trail was noticeable. In an effort to form community, Anjelica began leading weekend hikes and trips for other women who too were seeking others with shared lived experiences. Forward chronicles Anjelica's perspective in a space that has historically excluded individuals like her and shares a profound connection between women who once felt sidelined and are now a catalyst for change.



ABOUT ANJELICA

Hola, soy Anjelica! When I'm not helping kiddos as a speech therapist you can find me in the mountains, my home away from home. I'm a plus size Hispanic outdoor explorer taking up space and saving it for you, to create a more diverse and inclusive outdoors. Backpacking has changed, saved, and made my life better in so many ways. The hiking community has been a huge source of support for me, and I aspire to inspire others to chase after every outdoor dream they may have. This the way I see the world, one step at a time. Your pace doesn't matter, forward is forward.





CORE CREW



Palmer / Director, Editor

Palmer (he/him) is an award-winning filmmaker rooted in activism who focuses on using the devices at hand in our visual and media culture that can drive our society to make change. His work has been nominated for “Best of the Year” from Vimeo, won a Webby Award, shown on National Geographic, PBS, New York Times, Outside Magazine and in film festivals around the world garnering awards and high praise. He currently lives in Oakland, California on Ohlone ancestral lands and is the Co-Founder of Spruce Tone Films.



Matt Mikkelsen / Producer, Sound Design

Matt (he/him) is a sound recordist, audio engineer, and documentary filmmaker based in Duluth, Minnesota. He has worked as an engineer, sound designer, director, and producer on several award winning documentaries. His clients include Skywalker Sound, Microsoft, Apple, and Amazon, and his work has been featured on NPR’s All Things Considered. Matt also serves as the Executive Director of Wilderness Quiet Parks for Quiet Parks International and is the Co-Founder of Spruce Tone Films.

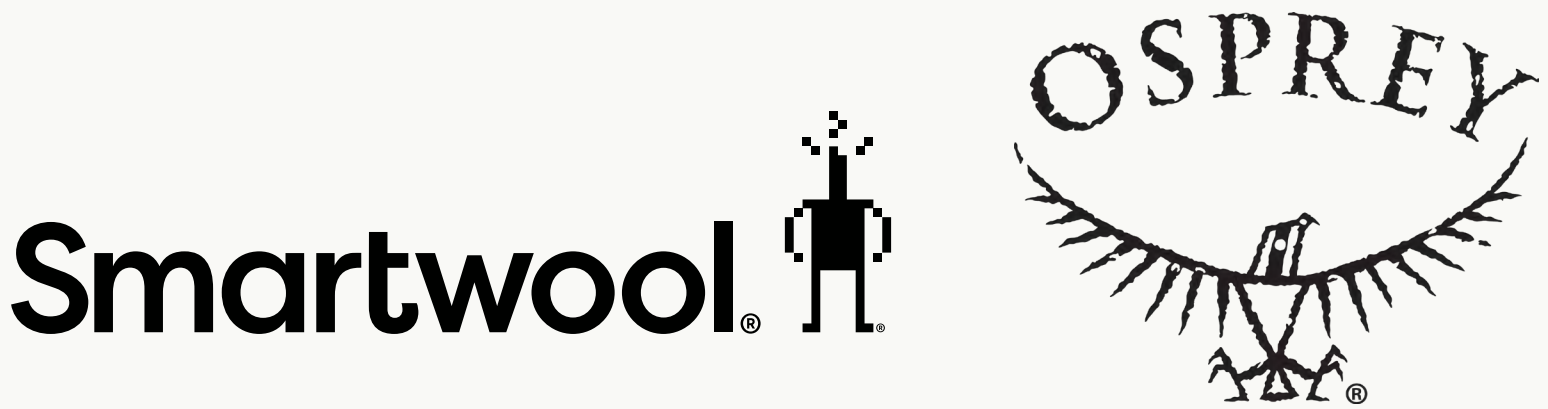


Rachel Weinberg / Story Producer

Rachel (she/her) uses documentary and media to tell the stories of people doing incredible and unconventional work. She has highlighted doctors providing abortion services in rural Texas, beekeepers transforming vacant lots in Detroit, and women working to end domestic violence in America. Her films have screened at film festivals including SXSW, Tribeca, and Mountainfilm Festival. She also works with companies like Google, Uber and Pepsi. Currently, Rachel resides in Brooklyn, NY.

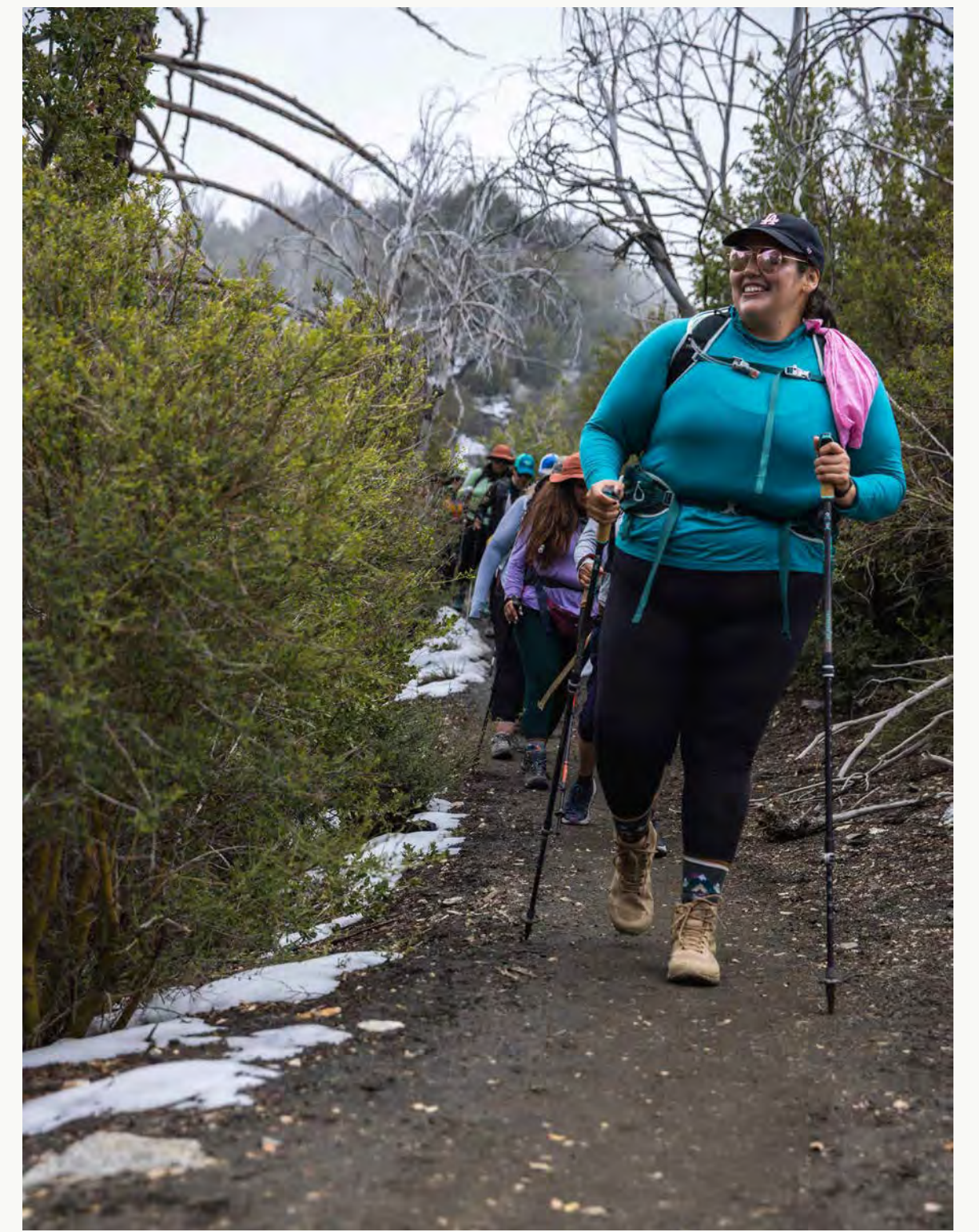
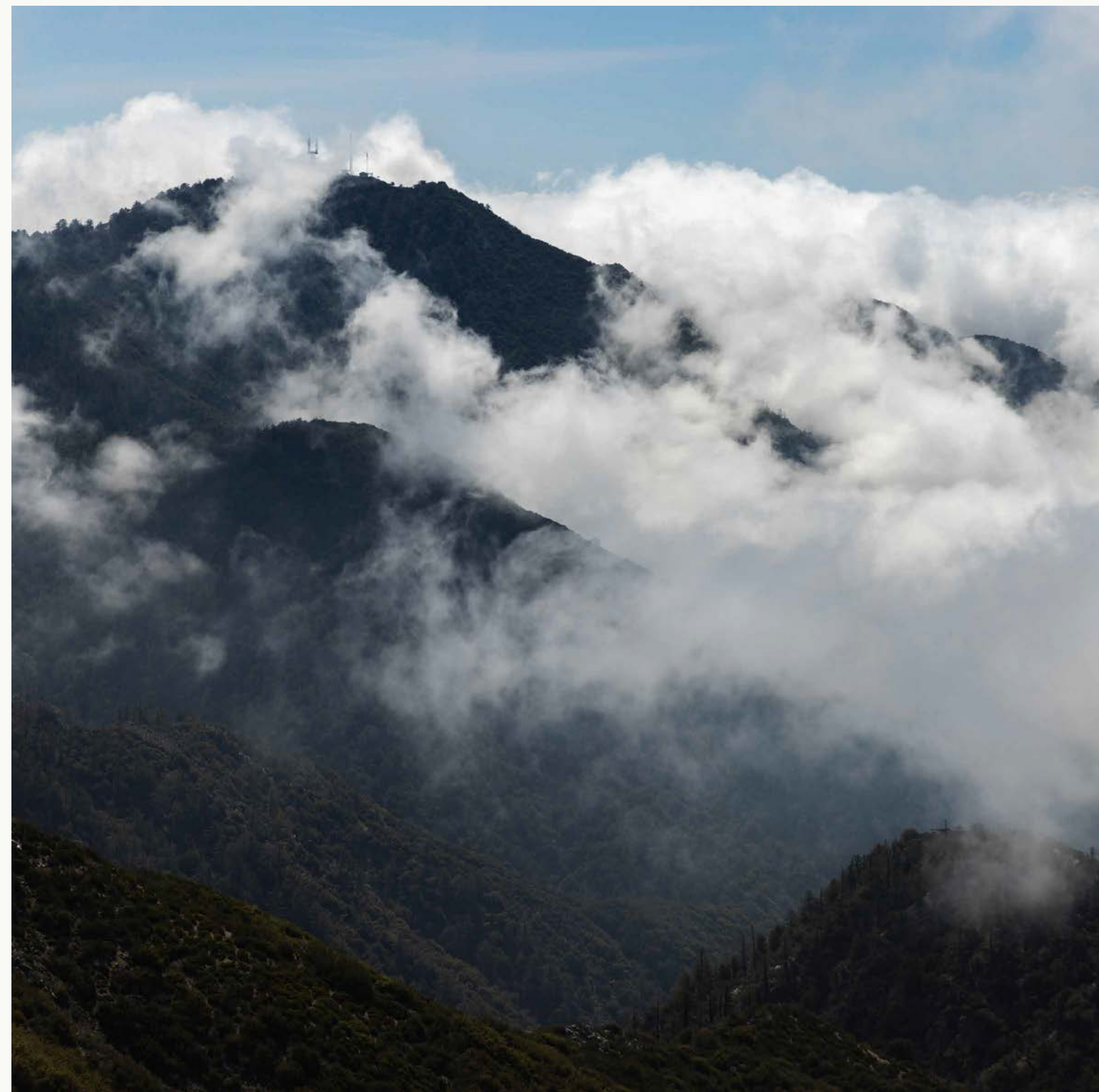


PRESENTED BY:



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DIRECTOR'S STATEMENT

Quite often in my work, there's a fair bit of convincing that needs to happen to gain access or for someone to feel comfortable to share their story. When Anjelica messaged me directly on Instagram with an interest in collaborating, I knew that she had a lot to say and a story to tell. From the moment we connected, it felt like I was chatting with an old friend and the spirit of that conversation continued throughout the creative process. It felt collaborative, natural, and like Anjelica was very much an essential part of our team.

Perhaps the natural connection I felt with Anjelica was in finding common ground in our shared lived experience. As a kid, I struggled with my body weight and felt a lot of shame for my size and the limited clothes I was able to wear. As a result, I still very much struggle with my body image today. I too, had also experienced housing in security in my childhood as my home was also foreclosed upon and my family was quickly evicted.

This film is a testament to the will power of one individual to take it upon themselves to seek change. I hope one day we live in a world in which all types of people and all types of bodies are represented in media and in outdoors spaces. For now, my hope is this film is one step in a direction towards inclusivity and body positivity for all.

- Palmer Morse, Director

ABOUT SPRUCE TONE

We are a collective of passionate creators with the goal to tell timely and compelling stories.

We develop, pitch and produce our own original films, as well as branded docs and commercials for socially and environmentally responsible brands and nonprofits.

Our films and series have garnered millions of views online, have screening in film festivals across the world, and have generated though provoking dicussions and impact.

[Learn more.](#)





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