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GoBeFull – 8 Keys to Bring Nutrition Back to the Basics

“GoBeFull” – **Greens, Oils, Beans, Exercise, Fruits, Unrefined grains, Lean protein and Labels** - brings us back to the basics of healthy eating and nourishment through food. These eight keys serve as the core of *GoBeFull-Eight Keys to a Healthy Life*, Judy Caplan’s newest e-book, breaking through the noise of nutrition fads to show how anyone can leave every diet book on the shelf and adopt GoBeFull as a lifestyle.

Breaking through the predominantly diagnostic and treatment-focused health care conversation, GoBeFull gives a voice to prevention. In her straightforward, easy to follow e-book, long-time dietitian and industry expert Judy Caplan, MS, RD breaks down each of GoBeFull’s eight steps to educate consumers on the basics of nutrition and healthy eating. Consumers are armed with 65 easy-to-prepare recipes, menu options and tips to thoroughly follow the comprehensive GoBeFull program. By combining nutrition, physical activity and the basics of label-reading, GoBeFull is applicable in all facets of improving overall wellness - weight loss/maintenance, diabetes care, chronic disease prevention and/or stress management.

“GoBeFull integrates nutrition wisdom with cutting-edge research to help consumers get off the diet treadmill and start focusing on tactics that lead to optimal weight and well-being,” says Caplan.

In 2007, Caplan was awarded a \$10,000 CATCH grant by the American Academy of Pediatrics to test pilot GoBeFull. Joining with Fairfax WIC, the Reston YMCA, and Fairfax Pediatrics, GoBeFull completed two six-week programs and the results were fantastic. Since then, she has taken the GoBeFull program to school districts, Fortune 500 companies and government organizations. Her career highlights include Director of Nutrition at Canyon Ranch and assisting Jane Fonda with her first book. She is currently a media spokesperson for the Academy of Nutrition and Dietetics.

GoBeFull – Eight Keys to a Healthy Life follows Caplan’s successful book, *The GoBeFull Juice Diet & Cleanse*. Caplan also has a forthcoming children’s book, *Gobey Gets Full – Good Nutrition in a Nutshell*, all available on iTunes.

GoBeFull is part of Nutrition Ammunition, Caplan’s full service company specializing in dietary transformation, weight loss, and preventive health. Using eight keys to a healthy lifestyle, GoBeFull helps clients learn to eat well, stay full, lose weight and get fit.

For more information, please visit GoBeFull.com, [find us on iTunes](#) or follow Caplan on Twitter, @GoBeFull .

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