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KOKOMO TRIBUNE SINCE 1850

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ROCKIN' NUTRITION

Students get moving with national tour



KT photos | Tim Beth

WAVE YOUR HANDS: Zoe Iseminger and Aliva Henn dance during "Jump with Jill" by Jill Jayne at Washington Elementary School.

JUMP AROUND: During "Jump with Jill" at Washington Elementary School, Jill Jayne dances along with the kids and talks about nutrition and exercise.



By KEN de la BASTIDE
Tribune enterprise editor

Eat healthy and exercise. That was Jill Jayne's message to students Friday at Washington and Darrough Chapel elementary schools. A high-energy show, Jayne's "Jump with Jill" performance is on a national tour. Students were encouraged to participate during the hourlong show.

The students swayed their arms, clapped, jumped and showed off their "best dance moves" to music and songs focused on good eating habits and exercise.

A musician and registered dietitian, Jayne has been putting on the show for four years. Her brother, Mark, participates in the show.

"I wanted to entertain children and teach them about the importance of exercise and the right diet," she said.

Jayne said she was encouraged to take her show on a national tour while at a conference in Chicago last year. Previously, she performed mostly in New York, New Jersey and Pennsylvania.

"The idea is to have a good time," she said.

The Top 40-esque music written by Jayne is designed to get students moving.

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Jayne opened the show by telling students they only have one body and that they are in control of what happens to it.

"Your job is to take care of your body," she said.

She reminded students that breakfast is the most important meal of the day. She went on to encourage them to make good food choices.

She noted that a fruit drink has only 5 percent real juice. Also, the main ingredient in most cereal is sugar. When avoiding these types of foods and in turn making

healthy food choices, students will have more energy for their body and mind, she said.

"There has to be a balance between what we eat and do," she said.

The Washington Elementary School students mentioned running, push-ups and sit-ups as good exercises to do.

Students broke out their best dance moves at the end of each chorus of "Beat of the Body," a song to which students mimicked the heart, lungs and muscles with their bodies.

Jayne emphasized the importance of drinking at least eight glasses of water daily.

"If you work for your body,

your body works for you," she said.

Jayne closed the show by urging students to take a second look when products have cartoon characters or celebrities on the label.

"Those are usually unhealthy foods," she said, pointing to a poster where a well-known singer is endorsing a soft drink and cartoon characters on a cereal box and for a fast-food restaurant.

"You need to take a second look," she sang.

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