

TODAY IN SCHOOL I SAW THE

JUMP
WITH **JILL**

SHOW!

Show **YOUR AMAZING BODY** the respect it deserves by exercising and eating healthy. Fuel your engine with the best **ENERGY!** Breakfast **GETS ME GOIN'**. Enjoy **NATURE'S CANDY** - naturally sweet fruit! Power your plate with **SUPERPOWER VEGETABLES**. Exercise makes **THE BEAT OF THE BODY**. Make the clear choice... drink **WATER!** Low fat milk and his bone building crew star as Calcium in **THE BONE RAP** to make your bones and teeth strong.

Today I promised Jill to try a new vegetable within the next week. I plan to try:

_____.
(name of vegetable)

_____.
Your Autograph

I promise to help my little rockstar try a new vegetable.

_____.
Parent or Guardian Autograph

Rock your body right!  Jill

SHARE YOUR PROMISE WITH JILL AT JUMPWITHJILL.COM