

**JUMP**  
WITH  
**JILL**

**IS COMING TO OUR SCHOOL!**

**JUMP WITH JILL IS...**

...the world's only rock & roll nutrition show. The Emmy-nominated school assembly was created by a Registered Dietitian and musician named Jill. So you can be sure that your child's experience will be engaging, entertaining, *and* educational.

Students sing and dance while learning to...

- Respect their bodies through healthy choices
- Fuel their engines with healthy food
- Get goin' with breakfast
- Enjoy *Nature's Candy* (aka fruit!)
- Power their plates with *Superpower Vegetables*
- Exercise daily to compose the *Beat of the Body*
- Drink water!
- Represent with calcium for strong bones

**MAKE HEALTHY ROCK AT HOME**

Help your child get the most from this experience with our free nutrition education resources.  
Listen to our music. Dance to our videos.

[www.jumpwithjill.com](http://www.jumpwithjill.com)