



Title: Music and Fun Combine for Nutrition Education

Date Released: January 23, 2012

Contact: Liz Fitzsimmons at 608-444-3820

News Release:

MUSIC AND FUN COMBINE FOR NUTRITION EDUCATION

Performance Artist and Dietician Jill Jayne Gets Elementary Students Jumping.

DE PERE, Wis. — Students at Heritage Elementary School in DePere have been learning about the importance of good nutrition in an unconventional way, as part of the *Fuel Up to Play 60* program. Led by dietician Jill Jayne, the children have been learning new songs and activities as part of her “Jump With Jill” event.

“I base all of what I do on the science of behavior change, and I base all of the things I teach on the science of what we know about nutrition,” said Jill Jayne. The enthusiasm for this teaching method has caught on across the state, and Jayne has plans to take her program to a national level. Heritage Elementary School Physical Education teacher, Sandy Hagenbach agrees. “If you catch kids at the elementary school level with activity and nutrition, they 20% more likely to not be obese as adults.” Sandy is also the school’s *Fuel Up to Play 60* advisor.

The focus of these programs and events is to shape how people think about health and giving them the tools ... knowledge about the energy and health benefits of vegetables, fruits and low-fat dairy to make good nutritional choices, everyday. Catchy lyrics and fun dance moves have proven more effective than simply stating facts.

For more information on these programs, or to schedule an event for your school, go to www.jumpwithjill.com or join the *Fuel Up to Play 60* initiative at www.fueluptoplay60.com.

#