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Viva Downtown

Whiskeytown
National Recreation
Park

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The Rockstar Nutritionist Performs in March to Celebrate National Nutrition Month®

SHASTA COUNTY –The Rockstar Nutritionist will be performing *Jump with Jill*, a kid-appropriate rock ‘n roll concert with healthy eating and exercise messages for the whole family. This performance is open to the community. The concert is FREE, but tickets are required. The concert will be held at Sequoia Middle School, McLaughlin Auditorium on March 4 from 6:00-7:30pm. A light snack will be provided.

Jump with Jill is an interactive live show that teaches nutrition through music and dance. Jill Jayne is a New York City based registered dietitian and musician. She will also be performing at four Shasta County elementary schools and two high schools during March for National Nutrition Month®.

“It’s time for health education to rock,” says Jayne. “It’s imperative to sync our approach to health education with this media-centered generation if we hope to effectively and sustainably address childhood obesity.”

Jump with Jill is scheduled to perform at Cypress, Bella Vista, Lassen View, and Manzanita Elementary Schools.

She will be performing *I Will Not be Bought* at Anderson and West Valley High Schools. “This performance is about being aware of the power of advertising. I show students ‘the truth’ about the food that is most heavily advertised—fat, salt and sugar,” says Jayne.

Jump with Jill has performed for over 100,000 kids nationwide. Jill Jayne is the President and Creative Director of the company *Note to Health* that specializes in age-appropriate interactive, multimedia productions designed to teach kids about health. For more information on Jump with Jill, visit www.jumpwithjill.com.

Jump with Jill has been paid for by Healthy Shasta and grant funding through Shasta County Health and Human Services-Public Health. For more information on Healthy Shasta and concert ticket locations, visit www.healthyshasta.org or call 229-8428.

Healthy Shasta is a partnership committed to making healthy eating and physical activity choices easier where you live, work and play. Visit www.healthyshasta.org for more information.

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