



Jill Jayne, MS, RD

Rockstar Nutritionist

Creator & Big Cheese, Jump with Jill

**Contributing author:
Section 4 Showcase**

Jill Jayne is the Rockstar Nutritionist and the creator of the rock & roll nutrition experience, *Jump with Jill*, where she serves as writer, executive producer, and partnership development specialist. As the brains

behind the operation, she has the credentials to back it up as a Registered Dietitian (RD/RDN) with an MS in Nutrition Education from Teachers College Columbia University and a BS in Nutritional Sciences and Theater from Penn State University. Jill's professional awards include the Emerging Dietetics Leader by the Academy of Nutrition and Dietetics and the Alumni Achievement Award from Penn State University, both awarded for distinctive early career professional contributions. Jill's passion to educate and empower students to make healthy choices is what fuels her company to reach over 1.2 million students worldwide.

What led you to contribute your time and expertise to writing *Communicating Nutrition*?

Our years of exactitude can hamper our passion to effectively cut through a noisy, vivacious junk food environment; filling learners with our information will *not* set them on the highway to health. As a singing Registered Dietitian, I'm often called "non-traditional" or "outside the box." But I honestly don't know any other way. I want students to know that being normal is overrated! Bring *all of you* into this field.

What is the impact you hope this book, and specifically the portion you helped write, has on the profession of nutrition and dietetics?

I share my story because I want others to know that even though I'm the kind of person that lives for the spotlight, I've still spent untold hours developing and refining my communication skills. Do you know how many rewrites of a single song are actually possible? I still surprise myself. You don't need to start taking vocal lessons and go on a world tour to communicate effectively with your audiences. You have an equally unique story that brought you into this field in the first place. Hold that fire within you when you give your presentations and shine it on your audiences. They might be there to hear about the science but they will only remember it if you deliver it with passion.

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