

SUMMERLIN VIEW

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JACOB KEPLER/VIEW

Dr. Trina Wiggins, left, talks to a group of kids about the importance of nutrition during the Fit Kidz summer camp on June 14. The program, held at A Body in Balance, 1215 S. Fort Apache Road, Suite 150, focuses on teaching children about a healthy lifestyle.

FIT FOR LIFE

Summer camp teaches kids basics for healthy habits

By JAN HOGAN

VIEW STAFF WRITER

Don't call it exercise — call it “increased movement.” And don't call it dieting — it's “making the right food choices.”

No matter what you tell children those things are called, losing weight is the goal of Trina Wiggins' summer camp program called Fit Kidz.

Wiggins, a local pediatrician, saw more and more young patients tipping the scales and decided to do

(Dr. Trina) Wiggins, a local pediatrician, saw more and more young patients tipping the scales and decided to do something about it.

something about it. The former college gymnastics teammate and now fitness competitor set up the summer camp program last year.

It's held at A Body in Balance, 1215 S. Fort Apache Road, Suite 150, on the southwest corner of Charleston Boulevard. The next camp is slated for Monday through Thursday.

Fit Kidz 2006 program saw 10 participants, the cap for the class size. The age range was 9-12.

Using the children's favorite music on CD, they worked out on different pieces of equipment for one minute, then switched to the next apparatus.

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Keeping it in the family

Gershwin's niece to perform classics

By JAN HOGAN

VIEW STAFF WRITER

The name of the show — “Gershwin Sings Gershwin” — clues people in to what will transpire, namely, a relative of the famous songwriting team singing their memorable pieces.

Alexis Gershwin, niece of renowned composers George and Ira Gershwin, has been singing before audiences since her teens. She has performed in concert halls and theaters around the world.

She brings her latest show to the Suncoast Showroom at 7:30 p.m., July 20-22.

Among the 22 songs she plans to perform are classics that will include “Embraceable You,” “They Can't Take That Away From Me,” “Our Love Is Here To Stay,” “A Foggy Day,” “The Man That Got Away” and “Summer-time.”

Her show is directed by



SPECIAL TO VIEW

Alexis Gershwin, niece of composers George and Ira Gershwin, will perform the couple's songs at the Suncoast, July 20-22.

Steven Applegate, who was musical director for Shirley Jones, Lorna Luft and Maureen McGovern. Gershwin will perform with an eight-

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WEEKEND:

The Four Tops will perform their hits at The Orleans today, Saturday and Sunday.

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Applications sought for annual Citizens Leadership Academy PAGE 4AA

Campaign wants children's issues in election spotlight PAGE 6AA