

HEALTH

H2O: Staying Hydrated and Healthy This Summer

By Allie Priore

As we enter the summer months and with that the scorching heat, I want to take the time to talk about the importance of staying hydrated and keeping up on your water intake.

While hydration is important all year long, it is especially vital during the brutal Los Angeles heat waves we experience.

Staying hydrated gives us more energy during the day, helps fight hunger and provides mental clarity. More so, drinking water aids in gut health and helps to keep skin clear.

While many complain about the mundane taste of drinking large quantities of water all day, I suggest adding some natural flavors to make it more enticing. Fresh fruit, cucumber slices, mint or citrus are just a few options that can make a big difference in flavoring a glass of water. Adding lemon juice will even provide extra health

benefits such as aiding digestion and improving skin quality. Plus, you will feel refreshed, hydrated, energized and ready to take on the rest of your day!

With all these positive results it should be a no-brainer that water is key to a happy and healthy lifestyle. Yet I find that I struggle with drinking enough water on a daily basis and I am sure I am not the only one.

I wanted to share a few tips and tricks I have incorporated into my daily life to try and create better habits with drinking water.

Below are the methods I am trying or have already tried:

1. Carry a refillable water bottle at all times.

As a fitness instructor I am constantly on the go. I was tired of grabbing a plastic water bottle every time I was leaving the house because I felt wasteful. Plastic is no excuse. Most gyms have refillable water stations or you can always find a drinking



fountain to fill up.

2. Set alarms on your phone.

Try setting them every two to three hours to remind

yourself to drink water. I know it may sound silly but it is a great way to check in with yourself and see where you are at. You can ask yourself if you have been good about staying hydrated or if you should increase your intake just a bit.

3. Invest in a FitBit or Apple Watch.

Both of these tech savvy devices can be set up with gentle and friendly reminders that you should maybe drink some more water. Plus, they come in all kinds of fun colors and designs so you will be hip, trendy and hydrated. There are also a myriad of water tracking apps for your phone!

4. Make it a challenge.

A little healthy competition never hurt anybody right? Set daily or weekly goals of how much water you would like to drink and see if you can uphold it. Partake in the challenge alone or see if you can get a friend or two to join in and help hold

you accountable!

These are just a few ideas you can take and implement into your own life to help you create better drinking habits.

It may not be an easy transition but as you start to increase, and then maintain, a healthy water intake you will start to notice changes in both your body and mind. You will feel better physically and you may find your mental clarity has increased.

As we approach these looming summer months start to create better drinking habits now. Beat the heat by already feeling hydrated so that when the temperature does rise, your body will already be prepared to take on the heat wave by storm.

Allie Priore is a certified Pilates instructor based in the Los Angeles area. She completed a comprehensive 500 hour course and has been a professional in the fitness industry for five years.

Cookin' with Kids: A Recipe for Success

By Katie Sterling

For two local moms, a chance encounter through a fundraising effort at their childrens' school led to more than just a friendship, but a business venture that would inspire kids to put their tablets down and get their hands a little messy.

Looking for a creative way to raise school funds, while simultaneously getting the students involved, Ms. Jen started an enrichment class teaching kids how to cook and bake what they love. As classes continued to

grow, one little boy's enthusiasm caught the teacher's eye and it was his passion that ultimately led Ms. Jen to meet his mom, Elaine. Recognizing the ever-growing popularity of the course and their shared commonalities, a partnership was formed.

After life threw them a curveball, the two women had the option of either letting it deter them or simply rolling with the punches. Grabbing their rolling pins, they chose the latter and the spark for Cookin' with Kids was ignited.

Wanting to continue to inspire younger generations in the kitchen, Jen and Elaine decided to start their own cooking school for kids. Seeing the success with their previous students, they translated their lessons to their own outlet where kids would get the chance to mix, measure and get behind the apron.

What better way to educate kids on what exactly goes into the food they are consuming than to get them in the kitchen themselves?

While home ec classes

might be a fragment of the past, Jen and Elaine recognized the importance of learning a craft that kids can not only build upon, but get them excited about a hobby that doesn't involve staring at a screen all day.

Classes are separated into three age groups (Mini Cooks: five to seven years, Junior Cooks: eight to 10 years and Master Cooks: 11 to 14 years) who all learn how to measure and combine ingredients, work in collaboration and expand their palates through creative recipes.

As this is a cooking school designed for kids, the menu is certainly more burger than b e a r n a i s e s a u c e . After all, the biggest component of each class is asking the kids for their constant feedback: What foods excite them, what dishes do they love and want to learn? Jen and Elaine will even introduce them e d

sessions and faux culinary competitions a la Junior Chef to foster that excitement or simply help students revamp their lunchbox staples.

Class is in session Tuesdays, Wednesdays and Thursdays starting at 4 pm. Each six week session consists of a 90-minute class once a week.

From cupcakes to international cookin', students can pick their food preferences, craft their dishes, savor their creations and be sent a digital recipe to recreate what they've learned at home.

Cookin' with Kids even host their own all-inclusive parties for kids on the weekends with various set menus based on your theme of choice. Cupcakes, a Cookin' with Kids speciality, are naturally always on the menu much to the glee of students.

While sessions don't begin until July, Cookin' with Kids is offering \$20 introductory classes until the end of the month.

With dishes so delectable and cupcakes that look almost too cute to eat...almost...these classes are not just a fun way for kids to stay active this summer, they're an opportunity to showcase their expanding creativity. Cookin' with Kids entertains while simultaneously enriching those in the class in acquiring a life skill through a fun, informative and interactive space. That, is truly the best recipe for success.

For a list of classes, parties and to sign up for sessions, visit cookinwithkids.com.



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At Cookin' with Kids, our mission is to get kids in the kitchen and teach them the love of cooking at an early age. Classes are designed for ages 5-14, where kids learn basic culinary and decorating skills all combined with a teaspoon of fun!

Visit our website or call us for more info!

cookinwithkids.com
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