

Wellness Wednesday



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Sneaky Signs That Your Child Is Dehydrated

With summer in full swing and temperatures soaring, it's crucial to ensure that your kids stay hydrated. As the planet experiences record-high overall temperatures and heatwaves rage in various regions, dehydration becomes a significant concern for children. Dehydration can have severe consequences, including heatstroke, urinary tract infections, kidney problems, seizures, and hypovolemic shock. Therefore, it's essential to recognize the signs of dehydration in children and take appropriate measures to prevent it.

The Importance of Hydration for Kids

Water bottles have become a common sight among kids, and for good reason. With climate change leading to more days of high temperatures, it's crucial to encourage children to carry water bottles and hydrate regularly. Additionally, the medical and dental communities have recognized the health benefits of drinking water over sugary beverages. Dr. Jen Trachtenberg, a New York-based pediatrician, believes that the increasing prevalence of water bottles among children may be attributed to their transition from using bottles and sippy cups, which provides comfort and hydration simultaneously.



Babies and Children: More Vulnerable to Dehydration

It's important to understand that babies and children are more susceptible to dehydration than adults. Their bodies contain more water, making them more impacted by water loss. Furthermore, kids are more sensitive to heat and can lose fluids more quickly due to their smaller bodies. Dr. Tanya Altman, a pediatrician in California, highlights the higher metabolic rate of young children, putting them at a higher risk of dehydration. Therefore, parents must be vigilant about their children's water intake and watch out for signs of dehydration.

Recognizing the Signs of Dehydration in Kids

While some signs of dehydration are easily noticeable, others are more subtle. Thirst is an obvious symptom, as is darker urine. Clear to pale-yellow urine indicates proper hydration, while medium-yellow urine suggests the need for more fluids. Amber-colored urine, on the other hand, is a clear sign of dehydration. In infants, additional signs of dehydration include fever, unusual tiredness or lethargy, fussiness, dry mouth, and a lack of tears when crying or no wet diaper for more than three hours.

In older children, the less obvious signs of dehydration may include dizziness, headache, tiredness, dry mouth, crankiness, decreased frequency of urination, constipation, and vomiting. It's crucial for parents to pay attention to these symptoms, especially during hot weather, periods of physical activity, or when children are experiencing gastrointestinal illness.

Preventing Dehydration: More Than Just Water

Dehydration involves not only a lack of water but also a deficiency in electrolytes, which are essential minerals. While water is usually sufficient for rehydration, more severe cases may require electrolyte drinks to relieve symptoms. These drinks are available in various forms, including liquids, powder mixes, and even popsicles. Sodium, potassium, and chloride are key electrolytes that need replenishing to prevent dehydration-related fatigue, dizziness, and headaches. However, it's important to avoid caffeine, as it acts as a diuretic and increases urine production.

Hydration Through Food

Hydration doesn't solely rely on water consumption. The foods we eat can also contribute to our overall hydration. Fruits and vegetables, in particular, contain a significant amount of water and offer numerous health benefits. Encouraging your kids to eat plenty of fresh fruits and veggies can help keep them hydrated. Some excellent sources of water-rich foods include tomatoes, kiwis, cucumbers, and the summer favorite, watermelon.

Additional Tips to Keep Kids Hydrated

In addition to regular water intake and consuming water-rich foods, there are a few more strategies to ensure your kids stay hydrated. Preparing for physical activities or outdoor events by drinking plenty of water beforehand can help prevent dehydration. Encourage your children to take water breaks during physical activities and provide them with water bottles to make hydration convenient. Additionally, educate your kids about the importance of hydration and the signs of dehydration, so they can recognize when they need to drink more water.

As the temperatures rise and summer activities keep kids active outdoors, it's crucial to prioritize their hydration. Dehydration can have serious consequences, especially for babies and children who are more vulnerable to water loss. By recognizing the signs of dehydration, providing water bottles, encouraging water consumption, and incorporating water-rich foods into their diets, parents can help ensure their children stay hydrated and healthy throughout the summer months.

Remember, prevention is key, so be proactive in keeping your kids hydrated and enjoy a safe and fun-filled summer!



CORN SALSA



INGREDIENTS

Fresh corn: Cut kernels off three cobs.

Tomatoes: Seed and dice two small, vine-ripened tomatoes.

Onions: Use a combination of red onion and scallions for added flavor.

Jalapeño: Adjust the heat by keeping or removing the seeds and ribs of the jalapeño.

Cilantro: Chop fresh cilantro to enhance the salsa's aroma.

Lime: Squeeze the juice of one lime to give the salsa a tangy kick.

Salt and pepper: Add these seasonings to taste.

Are you craving a tasty and refreshing salsa to accompany your favorite chips or add some zing to your tacos or burrito bowls? Look no further! We will walk you through the steps of creating a mouthwatering corn salsa that will elevate your culinary game.

Why Corn Salsa?

Corn salsa is a versatile and delightful addition to any meal. Inspired by the famous Chipotle corn salsa, this recipe combines the sweetness of fresh corn with tangy tomatoes, zesty lime, and aromatic cilantro. The result is a flavor explosion that will leave you wanting more. Whether you're hosting a party or simply looking to spice up your everyday meals, this corn salsa is the perfect choice.

Nutrition Information

Serving: 1/2 cup, Calories: 57 kcal, Carbohydrates: 12 g, Protein: 2 g, Fat: 0.5 g, Sodium: 10 mg, Fiber: 2 g, Sugar: 4 g



INSTRUCTIONS



- 1. Cook the Corn:** There are various methods you can use to cook the corn. Grilling is recommended for maximum flavor, but you can also roast, microwave, or boil the corn. If boiling, place peeled ears of corn in boiling water and cook for about 5 minutes. Drain and cool. To microwave, wrap each ear of corn in a wet paper towel and microwave for 3 to 4 minutes, until tender. If grilling, place peeled ears of corn on a medium heat grill and cook, turning occasionally, until charred (approximately 10 minutes).
- 2. Prep the Corn:** Hold the cooked corn upright in a large shallow bowl and use a chef's knife to cut the kernels off the cob. Be careful not to cut too close to the cob, as this can make the salsa chewy.
- 3. Combine the Ingredients:** In a mixing bowl, combine the corn kernels, diced tomatoes, red onion, scallions, jalapeño, chopped cilantro, lime juice, salt, and pepper. Mix well to ensure all the flavors are evenly distributed.
- 4. Refrigerate:** Cover the bowl with plastic wrap and refrigerate the corn salsa for at least an hour. This will allow the flavors to meld together and intensify.

Serving Suggestions

Now that your corn salsa is ready, let's explore the various ways you can enjoy it:

- **Homemade Chipotle's Burrito Bowl:** Create a bowl with cilantro lime rice and your protein of choice, such as barbacoa beef, Chipotle chicken, or carnitas.
- **Appetizer:** Pair your corn salsa with baked tortilla chips for a delicious and healthy snack.
- **Topping:** Elevate your nachos, tostadas, or tacos by adding a generous serving of corn salsa.
- **Salads:** Create a vibrant taco salad by combining the corn salsa with avocado, tomato, cucumber, and your favorite greens.

FEATURED EXERCISE

<https://barbend.com/upper-body-kettlebell-exercises/#BOR>

Featured Exercise ► **Kettlebell Suitcase Carry**



» **Do it:**

Carrying around heavy weight is not for the faint of heart — especially when you're working with kettlebells. Their round shape will force you to maintain extra rigidity to make sure the bell isn't constantly bouncing off of your outer thigh throughout your kettlebell suitcase carry. The plus is that you'll gain more coordination, grip strength, and conditioning (as this is tough on your cardio, too).

Hold a kettlebell in one hand at your side. Pack your shoulder and draw both your shoulders down toward your heels. Lead very slightly with your hips and walk, steady and controlled. Even as the weight will naturally pull your body down to one side, resist the pull toward lateral flexion. Try to carry the kettlebell as though you weren't carrying anything at all (i.e., don't tilt to the opposite side to compensate and don't let the weight pull you down — stay centered).

Benefits of the Kettlebell Suitcase Carry

Practice engaging your lats while holding heavy weight below waist level (as you do while deadlifting).

It builds core strength by constantly resisting lateral flexion throughout the move.

It addresses grip and core strength asymmetries by focusing on one side at a time.



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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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