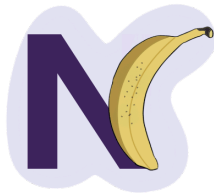


FAINTING SYNCOPE

PREVENTION GUIDE

For more details please visit
younghearts.ca/fainting-syncope



NOURISH

Don't skip meals



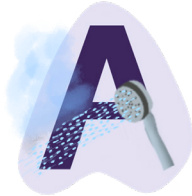
OPEN THE SALT

Eat more salt



FITNESS

Build muscle



AVOID TRIGGERS

Have a trigger plan



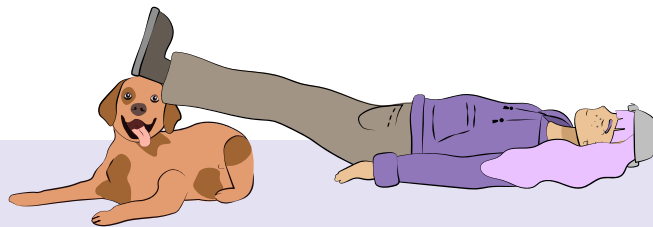
LIFT UP SLOWLY

Don't stand up too fast



LIQUIDS

Drink lots of water



FEELING FAINT?

A. Sit or lie down with your
feet propped up

OR

B. Perform one of these
maneuvers for
30 seconds



LEG CROSSING



BUTT CLENCHING



ARM PULLING



ASYMMETRICAL SQUAT



How much water do I need in a day?

2-3 litres, more if you're physically active or its hot out.

That's at least **four 500mL/16oz water bottles!**

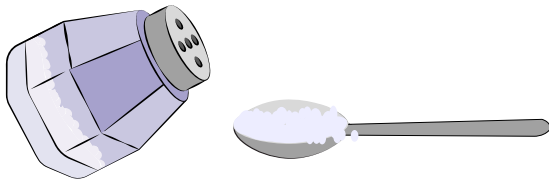


Add healthy flavors to your water like fruit slices, mint leaves, or cucumber for added flavor.

How much salt do I need in a day?

2000-4000 mg sodium (salt)

1 teaspoon of salt=2300 mg sodium



REMEMBER: SALT is like the **GLUE** that keeps water inside your body. You need a balance of both to keep your blood pressure healthy!



Try these sodium-rich foods



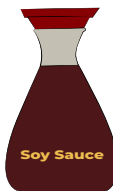
1 can Soup
=1400-1700mg



1 serving Pad Thai
=675-1000mg



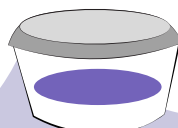
1 Pickle
=785mg



1 tbsp Soy Sauce
=879mg



10 small Pretzels
=760mg



1/2 cup Cottage Cheese
=400mg

TIP: If you're struggling to get enough sodium, you can take a teaspoon of salt and sprinkle a little bit on each meal until its gone!