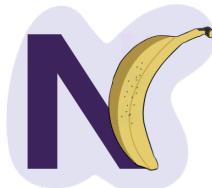


# Fainting Syncope

## PREVENTION GUIDE

For more details please visit  
[younghearts.ca/fainting-syncope](http://younghearts.ca/fainting-syncope)



### NOURISH

Don't skip meals



### OPEN THE SALT

Eat more salt



### FITNESS

Build muscle



### AVOID TRIGGERS

Have a trigger plan



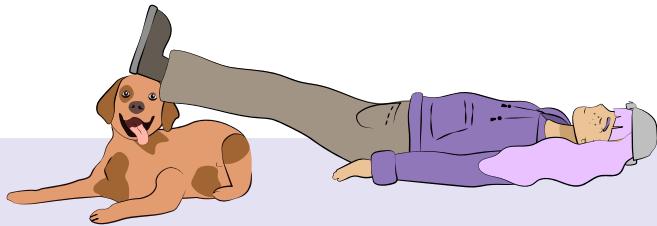
### LIFT UP SLOWLY

Don't stand up too fast



### LIQUIDS

Drink lots of water



## FEELING FAINT?



### LEG CROSSING



A. Sit or lie down with your feet propped up

OR



### ARM PULLING



B. Perform one of these maneuvers for 30 seconds



### BUTT CLENCHING

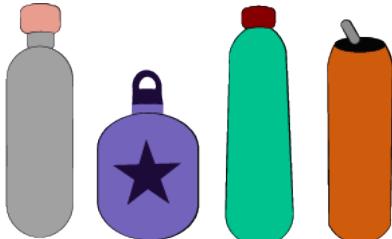
### ASYMMETRICAL SQUAT



## 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!

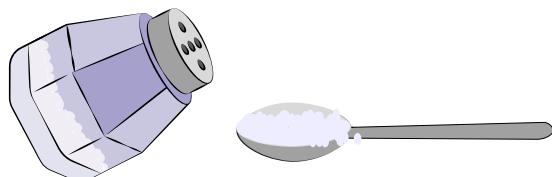


Add healthy flavors to your water like fruit slices, mint leaves, or cucumber for added flavor.

## How much salt do I need in a day?

2000-4000 mg sodium (salt)

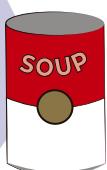
1 teaspoon of salt=2300 mg sodium



**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



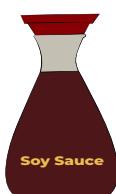
1 can Soup  
=1400-1700mg



1 serving Pad Thai  
=675-1000mg



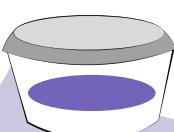
1 Pickle  
=785mg



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!