Eating for Yoga & Pilates

<table>
<thead>
<tr>
<th>Purpose</th>
<th>Before Working Out</th>
<th>After Working Out</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hydration</td>
<td>1-2 hours before</td>
<td>15-45 minutes after</td>
</tr>
<tr>
<td>Nutrient Composition</td>
<td>Drink plenty of water throughout the day, and ~8 fluid ounces 30 mins before workout</td>
<td>Drink ~ 8 fluid ounces post-workout and plenty of fluid the rest of the day</td>
</tr>
</tbody>
</table>

### Before Working Out

- **Provides energy to workout**

### After Working Out

- **Builds muscle**

### Nutrient Composition

- **Easily digestible carbohydrates with some protein**

### Examples

- **Banana with peanut butter**
- **Oatmeal with fruit**
- **Small bowl of cereal with milk**
- **Whole wheat crackers and cheese stick**

- **Small package of dried fruit and nut trail mix**
- **Greek yogurt with fruit or granola**
- **Carrots with hummus**
- **Turkey deli meat with a few whole wheat crackers**