

# LEVEL-UP YOUR WELLNESS JOURNEY WITH BIOHABITS AT EVOLVE

No matter your goals, one thing holds true for us all: if you are persistent you will get it, but if you are consistent you will keep it. At Evolve Human Optimization Labs, we believe in the power of sustainable change. Forget the quick fixes and one-off treatments that promise miracles. The reality is that any true transformation comes from consistent, repeated actions – what we like to call BioHabits.

BioHabits recognize that the small, daily changes we make accumulate over time. For example, with exercise, you can't just do it once and expect to experience its many benefits; it must be repeated consistently over time. The same is true for BioHabits. It is this intentional, repeated series of actions that leads to not just achieving results but keeping those results once you've achieved them. Indeed, some BioHabits have no end goal in mind - they are a lifelong journey of enrichment, fulfillment, and continuous progress.



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Studies on cold plunging, IR and traditional sauna sessions, meditation and red light therapy show that it's the regularity and commitment to these practices that truly impacts our health. Research even reveals that just 11 minutes a week of cold exposure and 57 minutes a week of sauna time can be the threshold for improved health.

As most of our modalities at Evolve provide the best results when used consistently for a recommended duration, we make building these sustainable BioHabits easy and affordable. With our memberships and no-appointment-necessary approach, we remove the barriers that often stand in the way of consistency. You can incorporate your sessions seamlessly into your life, allowing you to consistently prioritize your wellbeing without any hassle.

So what is a typical recommended routine for our main modalities? Though we are all united by our humanity, our bio-individuality certainly makes each of us unique. That being said, research does indicate general ranges that prove beneficial across the board:

#### **COLD PLUNGE**

» 11 minutes a week or 3-5 sessions of 2-5 minutes.

#### **TRADITIONAL SAUNA**

» 57 minutes a week or 3-6 sessions of 10-20 minutes.

#### **INFRARED SAUNA**

» 20-45 minute sessions 3-5 times a week.

#### **RED LIGHT THERAPY**

» 10-15 minute sessions 2-5 times a week.

So, if you're ready to transform yourself and to achieve your wellness goals, it's time to shift your focus from quick fixes to the power of BioHabits. Wherever you are in your journey, you didn't come *this* far to *only* come this far. Continue building your path to a healthier, happier you at Evolve Human Optimization Labs today.



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