



EVOLVE
Human Optimization Labs

WHAT IS EVOLVE? HOW CAN IT FIT INTO MY FITNESS ROUTINE?

Biohacking is a major topic of conversation among today's wellness-minded and athletic cohorts, and with good reason. Along those lines, we're excited to introduce

Evolve Human Optimization Labs.

At Evolve, we will be offering state-of-the-art wellness and recovery techniques, therapies and services via a membership-based, walk-in structure.

Though Evolve will use many different pathways to wellness, take a look below at the list of goals you're hoping to achieve and see which of Evolve's new services might be a good fit for you!



Cardiovascular Health & Improved Circulation

Heart disease is the leading cause of death for adults in the United States. If you are on your own wellness journey, you're likely looking for ways to improve heart health. Evolve's Norwegian sauna, cold immersion or contrast therapy and compression therapy are excellent options for improving your cardiovascular and circulatory health.

Pain Relief

Whether you have an injury, a chronic condition or excessive muscle soreness and fatigue from workouts or training, finding effective pain relief is paramount. Try Evolve's Norwegian or infrared saunas, cold immersion or contrast therapy, red light therapy, compression therapy, cold compression, or self-care services to help you find relief.

Shortened Recovery Time, Reduced Muscle Fatigue & Increased Performance

Oh, rest days. Getting adequate recovery is arguably one of the hardest parts of a training routine, but it is vital. The sooner your muscles can recover, the sooner you can safely get back to training hard. In addition to sleep and proper nutrition, Evolve's cold immersion or contrast therapy, compression therapy, electro muscle stimulation, percussive massagers, or massage chairs will help you recover sooner and decrease muscle fatigue faster.

Reduced Inflammation

Systemic inflammation ignites any number of fires within the body, injuring tissues, joints, blood vessels and organs. Evolve offers excellent anti-inflammation options such as cold immersion or contrast therapy as well as compression therapy and cold compression.

Increased Immune System Function

We've certainly learned over the last 2 years to be more mindful of supporting our immune system. Come on over to Evolve and spend some time in our Norwegian sauna for an immune boost. Your immune system would also benefit from our cold immersion or contrast therapies.



Improved Mood & Increased Energy

In our modern, crazy, 24/7 world, is there really anyone who doesn't want to boost their mood and energy levels? Whether you need a little pick-me-up or a major jolt, Evolve's cognitive and neurotraining, red light therapy, guided meditation, and cold immersion or contrast therapies are sure to improve your mood and energy levels.

Evolve Human Optimization Labs is dedicated to creating an accessible center for people to biohack wellness, recovery, and better performance into their daily lives. Evolve Human Optimization Labs is a leader in the biohacking field with an innovative approach to cost of services and accessibility. This is the first physical center for biohacking to utilize a walk-in model with many healing modalities available during each visit. For a complete list of all the services offered at Evolve, visit us at evolvehumanlabs.com.



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