

RECOVERY NEWSLETTER

GAMEBREAKSPORTSMASSAGE.COM



GAMEBREAK
SPORTS MASSAGE

Friday, August 1st, 2025



**Summer is coming to an end
and Pre-Season is in full effect.
which means it's
Recovery Season!**

Whether you're gearing up for fall sports, getting back into routine, or pushing through these last weeks of summer, recovery is non-negotiable.

At Gamebreak, we're here to keep your body moving, performing, and healing so you can show up strong when it counts.

What's New

**TOP 5 REASONS RECOVERY
MATTERS**

**BACK-TO-SCHOOL
BACK-TO-RECOVERY
SPECIAL!!**

**-STRETCH CLINICS
(DATES TBD)**

**INSIDE LOOK:
WHY YOU NEED TO STRETCH**



**Sponsored boxer, Louie Lopez,
after his Main Event Fight at
Pechanga Casino. 7/17/25**

01/03

TOP 5 REASONS OF THE VITAL IMPORTANCE OF REST DAYS & RECOVERY IN YOUTH SPORTS

August Specials!!

BACK-TO-SCHOOL, BACK-TO-RECOVERY

Whether you're an athlete hitting the field or a parent chasing routines, we've got you covered.

Get \$10 off your next session when you mention this newsletter.

TEACHER/COACH APPERCIATION SPECIAL

Because Teachers & Coaches Need Recovery Too. Show your *school ID* and **get \$15 OFF** all month long

Remember!

FIRST TIME? LETS CHAT!

Book your FREE 30-minute consultation—including 15 minutes of hands-on treatment to assess your needs and introduce you to what we do.

NOT A MEMBER? NO PROBLEM.

We're open to the public and here to help anyone committed to moving and feeling better.

- 

1 Physical Recovery and Injury Prevention

Rest days are essential for young athletes to heal and recover from physical stress, thereby minimizing the risk of overuse injuries such as stress fractures and tendonitis. Adequate rest allows for muscle repair, inflammation reduction, and strength rebuilding, enhancing overall performance.
- 

2 Mental Rejuvenation

Youth sports can create mental pressure. Rest days provide young athletes the opportunity to relieve stress and recharge mentally, promoting a healthier balance between sports and other life activities while preventing burnout.
- 

3 Improved Long-Term Performance

Contrary to the belief that continuous training leads to better outcomes, rest is crucial for enhancing performance. It allows athletes to recuperate, leading to improved endurance, strength, and skill execution, ultimately resulting in better performance during competitions.
- 

4 Promoting Healthy Habits

Incorporating rest days teaches young athletes the importance of prioritizing recovery, establishing lifelong healthy habits. This understanding helps prevent overtraining as they progress in their sports career.
- 

5 Supporting Emotional Well-Being

Rest days contribute to emotional well-being by helping athletes maintain a positive outlook towards sports, ensuring fun and engagement while allowing them to explore other interests and activities.

BENEFITS OF STRETCHING

Injury prevention and less muscle soreness

Stretching before and after physical activities help warm the body up, thereby decreasing the risk of injury and muscle soreness.

Increased flexibility and joint range of motion

Flexible muscles can improve your daily performance. Tasks such as lifting packages and bending down become easier and less tiring.

Improved circulation

Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste in the muscle tissue thereby shortening recovery period.

Better posture

Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture.

Stress relief

Stretching relaxes tight, tense muscles that often accompany stress.



Why We Preach About Stretching

We don't stretch you just to fill time, we do it because your body needs it. It's not just part of the session... it's part of your progress.

We'll always handle the hard part on our table, but what you do between sessions? That's what keeps the results lasting.

We are getting closer to our Stretch Clinics with Gamebreak STAY TUNED!!

SCAN QR CODE TO
BOOK NOW



MONDAY-FRIDAY & SELECT WEEKENDS
8AM-6PM
Gamebreaksportsmassage.com

03/03

10 EASY MORNING STRETCHING EXERCISES



#1 Shoulder Squeeze



#2 Neck Release



#3 Neck Stretch



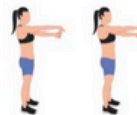
#4 Cat-Cow



#5 Side Bends



#6 Shoulder Rolls



#7 Forearm Stretches



#8 Knee to Chest



#9 Seated Forward Fold



#10 Uttanasana