RECOVERY NEWSLETTER

GAMEBREAKSPORTSMASSAGE.COM



Wednesday October, 1st 2025



Recovery Isn't Scary &

Halloween is here, but the only thing you should fear is skipping recovery! From seasonal tips to athlete highlights and a spooky-sweet giveaway, this month's newsletter is packed with ways to keep you strong, flexible, and competition-ready all season long.

CLIENT OF THE MONTH

FALL TRAINING TIPS



OGTOBER Special

1 BAG= 1 TICH€T ⊕ \$ \$10 COUPON



GAMEBREAK

SPORTS MASSAGE

Annual Candy Haffle

> BY OCT

17TH

ALL CANDY WILL BE DONATED TO A NON-PROFIT COMMUNITY EUENT WINNER WILL BE RANDOMLY CHOSEN

DURING LIUE STREAM UIA INSTAGRAM

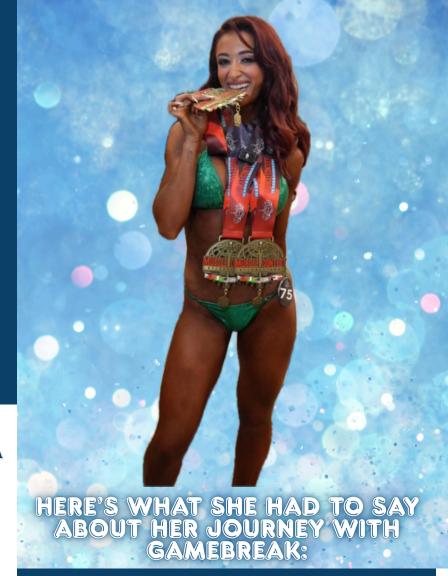
CLIENT OF THE MONTH

ACHAEL OELLEE

WE'RE SO PROUD OF OUR CLIENT RACHAEL, A DEDICATED BODYBUILDER WHO SHOWED WHAT CONSISTENT RECOVERY CAN ACHIEVE.

RACHAEL CAME IN
WEEKLY FOR 2-HOUR
MASSAGE SESSIONS. SHE
DID HER EVERY FIRST
COMPETITION IN
ANAHEIM WINNING TWO
1ST PLACE FINISHES AND
ONE 2ND PLACE. THE
VERY NEXT WEEK IN SAN
DIEGO, SHE TOOK HOME
ALL THREE 1ST PLACE
FINISHES.

"Gamebreak Massage made me feel like a true athlete. Training hard built my strength, but recovery transformed me into a competitor. Danielle pinpoints pain before I even notice it. Her work keeps me healthy, strong, and performing at my best." — Rachael





PRACHAELNOELLEE



WEEKEND **OPENINGS** SUNDAY, 12TH

SCAN QR CODE TO BOOK NOW



Amazing Pumpkin Facts

1. Pumpkin Power!

Pumpkins aren't just for lattes and carving! They're packed with recovery benefits that every athlete can use.



2. Pumkin Seeds

Rich in magnesium & zinc, perfect for muscle repair and immune support. Add pumpkin seeds to your smoothies, yogurt, or trail mix for a seasonal recovery boost!

3. Pumpkin Flesh

Full of antioxidants like betacarotene to fight inflammation.







4. Pumpkin Spice (minus the sugar)

Cinnamon and nutmeg can naturally support blood sugar balance and recovery.

MONDAY-FRIDAY & SELECT WEEKENDS 8AM-6PM

Gamebreaksportsmassage.com