

RECOVERY NEWSLETTER

GAMEBREAKSPORTSMASSAGE.COM



GAMEBREAK
SPORTS MASSAGE

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. 💪🍂

What's New

OCTOBER SPECIALS!

**RAFFLE FOR CANDY
DONATIONS**

CLIENT OF THE MONTH

FALL TRAINING TIPS

INSIDE LOOK:



PUMPKIN POWER

RECOVERY BENEFITS



01/04

OCTOBER *Special*



GAMEBREAK SPORTS MASSAGE *Annual Candy Raffle*

**BRING A MEDIUM/LARGE BAG OF HALLOWEEN CANDY
(15-20 OZ OR MORE) AND YOU'LL RECEIVE:**

- ★ \$10 OFF YOUR NEXT MASSAGE
- ★ 1 RAFFLE ENTRY TO WIN A FREE 50-MINUTE MASSAGE

**BY
OCT
17TH**

**ALL CANDY WILL BE DONATED TO A
NON-PROFIT COMMUNITY EVENT**

**WINNER WILL BE RANDOMLY CHOSEN
DURING LIVE STREAM VIA INSTAGRAM**

CLIENT OF THE MONTH

RACHAEL NOELLEE

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.



HERE'S WHAT SHE HAD TO SAY
ABOUT HER JOURNEY WITH
GAMEBREAK:

"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

Huge congratulations!!

WE'RE HONORED TO BE PART OF
YOUR SUCCESS!

03/04



@RACHAELNOELLEE



GAMEBREAK
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**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 beta-carotene to fight inflammation.



4. Pumpkin Spice (minus the sugar)

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



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

04/04