

# RECOVERY NEWSLETTER

GAMEBREAKSPORTSMASSAGE.COM  
GRATITUDE • GROWTH • GAME READY



GAMEBREAK  
SPORTS MASSAGE

Saturday November, 1st 2025



## A Note From Jocelyn & Danielle

This season always reminds us how thankful we are for our clients, athletes, families, and community that keep Gamebreak thriving. Whether you've come to recover after a big game, relieve pain, or just take a moment for yourself, you're part of our story. Thank you for trusting us with your recovery!

## What's New

🦃 **THANKFUL FOR YOU SPECIAL!**

**HOLIDAY GIFT CARDS  
ARE HERE!**

**CLIENT OF THE MONTH**

**COLD SEASON  
RECOVERY TIP**

**INSIDE LOOK:  
TURKEY FUN FACT!**



01/04

# CLIENT OF THE MONTH

## JAXEN COOKE

NORCO HIGH VARSITY  
WRESTLER AND MMA  
FIGHTER. AFTER TEARING  
HIS MCL LAST DECEMBER,  
JAXEN COMMITTED TO  
CONSISTENT RECOVERY,  
STRENGTHENING,  
AND MOBILITY WORK.  
WITHIN JUST 4 WEEKS, HE  
MADE AN INCREDIBLE  
COMEBACK ALL THE WAY  
TO CIF!

 **LEAGUE CHAMP**  
 **CIF CHAMP - 4 PINS, 1  
DECISION**

WE'RE SO PROUD OF YOU,  
JAXEN! YOUR DISCIPLINE  
AND MINDSET EMBODY  
WHAT **GAMEBREAK** IS ALL  
ABOUT! 🙌



HERE'S WHAT HE HAD TO SAY  
ABOUT HIS JOURNEY WITH  
**GAMEBREAK**:

"Gamebreak has given me the  
ability to elevate my training and  
build my readiness for competition  
throughout the entire wrestling  
season, without recovery none of  
the success would've been  
possible and I am very grateful for  
the work and game changing  
opportunities Gamebreak has  
provided me" - Jaxen



@JC\_ACTION

02/04

# COLD SEASON RECOVERY TIP

WHEN TEMPERATURES DROP, YOUR MUSCLES CAN  
TIGHTEN AND YOUR RECOVERY SLOWS.  
STAY AHEAD OF SORENESS WITH THESE SIMPLE  
HABITS:



WARM UP BEFORE WORKOUTS



STAY HYDRATED EVEN WHEN IT'S COLD

ADD DEEP HIP AND LOWER BACK STRETCHES TO YOUR  
DAILY ROUTINE.

THANKSGIVING FUN FACT

## DID YOU KNOW?

Turkey contains tryptophan, an amino acid that  
helps your body produce serotonin, which  
promotes relaxation and better sleep!

That post-Thanksgiving nap isn't just from  
overeating... it's your body going into natural  
recovery mode!

Pair that with a massage session and you've got  
the ultimate holiday recharge combo.



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GRATITUDE - GROWTH - GAME READY



**WEEKEND  
OPENINGS**  
SATURDAY, 15TH  
SATURDAY, 22ND

**CLOSED**  
THURSDAY, 27TH  
FRIDAY, 28TH

Wishing you a November full of  
warmth, health, and gratitude.  
Thank you for being part of the  
Gamebreak family!

*Danielle & Jocelyn*

**SCAN QR CODE TO  
BOOK NOW**



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

**04/04**

**HOLIDAY  
GIFT CARDS**

**GIVE THE GIFT OF  
RECOVERY THIS SEASON. ✨**  
**EACH CARD CAN BE  
PERSONALIZED AND  
EMAILED OR PICKED UP IN  
PERSON.**

**PERFECT FOR ATHLETES,  
PARENTS, OR ANYONE WHO  
NEEDS A BREAK!**

**KEEP AN EYE OUT FOR OUR  
BLACK FRIDAY SPECIAL!!**

**THANKFUL  
FOR YOU  
SPECIAL**

**THIS SEASON, WE'RE  
FILLED WITH GRATITUDE  
FOR OUR AMAZING  
CLIENTS, ATHLETES, AND  
COMMUNITY.  
TO SHOW OUR  
APPRECIATION, ENJOY  
\$20 OFF 50-MINUTE  
SESSIONS THIS MONTH!**

**MENTION "THANKFUL20"  
WHEN BOOKING**