RECOVERY NEWSLETTER

GAMEBREAKSPORTSMASSAGE.COM GRATITUDE • GROWTH • GAME READY





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!

ARE HERE!

CLIENT OF THE MONTH

COLD SEASON

RECOVERY TIP

INSIDE LOOK:

TURKEY FUN FACT!



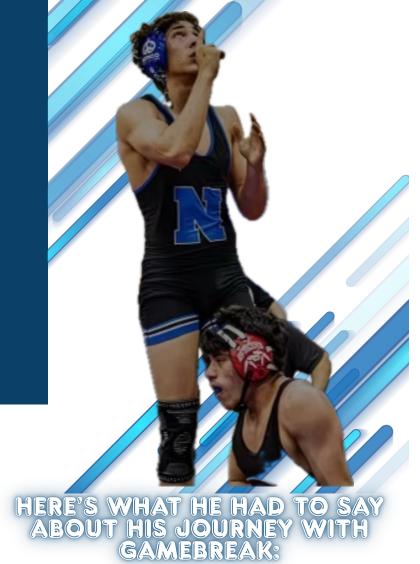
CLIENT OF THE MONTH



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!



"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

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.



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.



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

CIFT 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