

April 1, 2026

NEWSLETTER



HIGHLIGHTS

Recovery Tip of the Month

**Featured Modality:
Cupping Therapy**

April Special

SPRING INTO RECOVERY.

Spring season is here and that means more games, more training, and more wear on the body.

Whether you're an athlete pushing performance or a parent keeping up with a busy schedule, recovery isn't optional, it's what keeps you going.



RECOVERY TIP OF THE MONTH

**DON'T SKIP YOUR
WARM-UP... BUT MORE
IMPORTANTLY, DON'T
SKIP YOUR RESET.**

**DON'T WAIT UNTIL YOU'RE
INJURED TO BOOK.**

IF you're:

- Tight for more than 3 days
- Losing range of motion
- Waking up sore consistently
- Feeling "off" during training

That's your body asking for support.

Most people focus on getting ready to perform but what you do after matters just as much.

This month, focus on:

- 5–10 minutes of light stretching post-activity
 - Hydration immediately after training
 - Targeted recovery (massage, cupping, or mobility work)
- Consistency > waiting until you're in pain



Featured Modality: Cupping Therapy

(Not your average cups 🙄)

At Gamebreak, cupping isn't an
add-on—it's included,

- ✓ Increase blood flow
- ✓ Decrease muscle tightness
- ✓ Speed up recovery time
- ✓ Improve range of motion

At Gamebreak, cupping isn't an add-on—
it's included.

Perfect for tight hamstrings, **low back tension,**
and **overworked shoulders.**

THIS IS YOUR SIGN

SPOTS FILL QUICKLY AS SCHEDULES RAMP UP. IF YOU'VE BEEN MEANING TO BOOK, THIS IS YOUR SIGN.



April Early Bird Special:

Book any weekday session before 11am and get 10% off. Start your day with recovery and stay ahead of tightness.



Final Thought

Spring is your reminder to reset, refresh, and take care of your body because feeling your best starts from within. Stay consistent now so you can keep moving strong all season long.

With care,
Jocelyn & Danielle

