



Helpful Hippy Newsletter

By Pete Zierz

My goal is always to be helpful and I hope to build a relationship with you around common interests outside of hip replacement.

Good morning {{
contact.FIRSTNAME }},
Grab a cup and read on...



Ask: Please forward this newsletter to at least one person who needs it now.

Offer: If you received this newsletter from another, you can [subscribe here](#).



Hip Q&A

These are some real gems

Q: Sam asks "I don't want to say the C-word (**Christmas**)... but my op is scheduled 4-5 weeks before the big day. My question....will I be up to entertaining? I live in a 3-story house which is difficult at the best of times but with the kitchen on a different floor to the rest, I'm thinking that I'll either be the hostess with the most-ess showing off her new hip or a hot, cranky mess who will be shoo-ing people out of the door at the earliest opportunity!"

A: It is impossible to know in advance how you will be doing at that stage in your recovery and it's such an important holiday that there is a significant risk you will either push through and regret it or disappoint people who planned on attending your celebration. Let someone else host Christmas this year and maybe plan for an especially big celebration next year. Hope this helps. Merry Christmas!



My Latest Videos



What I'm Reading, Listening To, Watching, and Thinking About

Listen to the Podcast

If you like listening to Podcasts, my entire hip vlog is now available as a podcast on YouTube Music, the largest podcast platform in the U.S. with about 40% of the market.

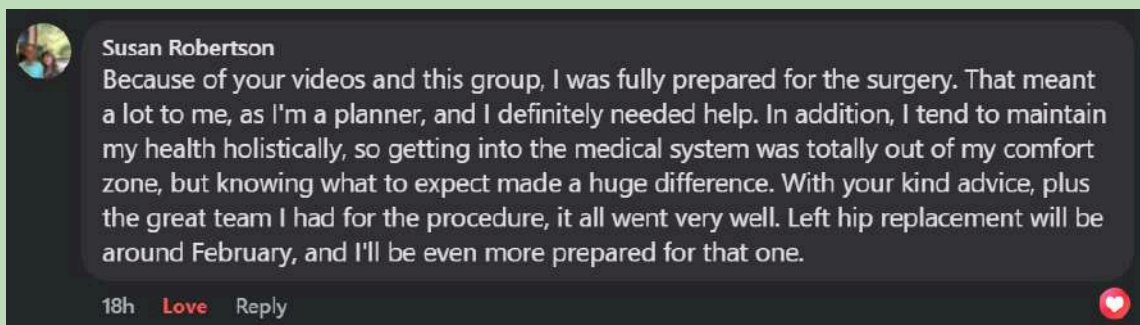
What I love most about this is that you can listen to all the same content, but YouTube will allow you to download it and it will continue playing even when your phone is locked. You can't do that on regular YouTube unless you pay for a YouTube Premium subscription. If you give the podcast a listen, please post a comment to let me know.

Click here to listen to the [Pete's Hip Vlog Podcast](#)

Tip: Change the Podcast sort order to "Creator Provided" to listen in a logical sequence.

Make my Day

Comments like the following make my day and keep me motivated...



Preparing for Butters

Our daughter and son-in-law are getting a Mastador puppy next weekend and they named him Butters after one of the characters on South Park. So my wife and I started re-reading our favorite dog training books. I remembered **Don't Shoot the Dog** and always told folks that the things we learned training our dog Maui helped prepare us to raise kids.

That was over 25 years ago and I had to laugh when I saw that the latest edition of the book included the following subtitle "**The Secrets to change behavior in Pets, Kids and Yourself.**" It's a very good read by behavioral scientist Karen Pryor. For background, we trained Maui, then she was certified as a therapy dog and finally she was certified to work in a large local hospital. I still remember visiting Ronald McDonald House and various retirement homes where my 3 year-old daughter, with her curly blond locks, was far more popular with the residents than our sweet therapy dog Maui, but who can blame them!



Gear you need

Shop Now

Stock up on these important items
for a successful recovery.

Free Resources

Visit

You can find a lot more helpful
resources on my companion website.

Win at Life

Explore

See what else I'm up to and my tips
on Family, Finance, Fitness, etc.

Support Group

Get Help

Get additional help from Pete and
other hippies on Facebook

Wishing you all the best in your hip journey,
Pete

P.S. Feel free to hit reply and send me a message. I read every email.



Disclaimer

I am not a healthcare professional, I speak from my personal experience with a hip replacement, from research and what I have learned interacting with thousands of individuals on social media and through my YouTube channel. This content is for informational purposes only and is not a substitute for professional medical advice, diagnosis, treatment, or care. Please seek information from a physician or other qualified healthcare provider before embarking on a new treatment, diet, or fitness program.

Links for my website, channel, social media, etc. below:



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