

Hip Tip: Eat healthy and stay hydrated

Hi Reader,

Congratulations on your progress!

Healthy eating can augment your recovery by giving you the nutrition to recover quicker. Do not skip meals. Eating three balanced meals is essential to maintain your health. Protein, vegetables, and fruits make for great combinations! Stay hydrated.

Wishing you the best on your healing journey,
Pete



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. Remember, you are in charge of your own health.

Pete's Hip Vlog



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