

Hip Tip:

Practice these crucial life skills for a successful recovery

Hi Reader,

I am a very goal-oriented individual and I've learned some techniques over the years that help me achieve any goal whether that's a successful recovery from Total Hip Replacement, hitting a financial goal, raising kids to become responsible adults, etc. The same principles apply and you can practice and learn them if they don't come to you naturally. So please check out the video below and drop me a line to let me know how you're progressing toward your most important goals.

Good luck!

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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