

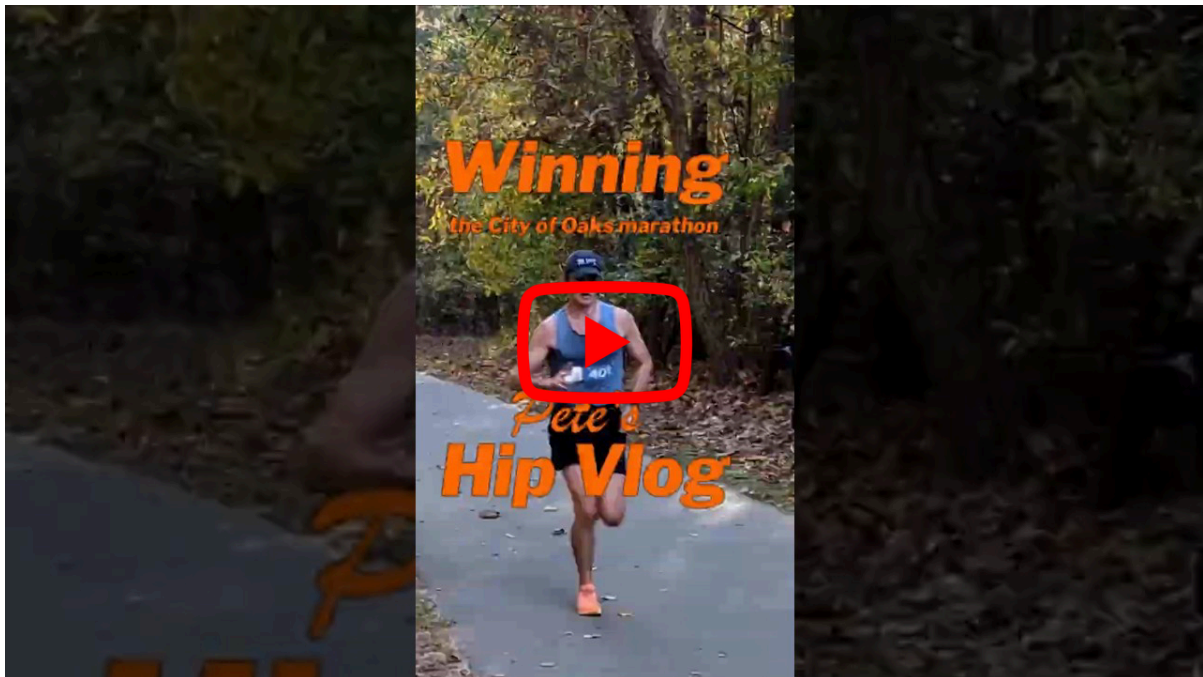
Hip Tip: Sunshine can boost your mood

Hi Reader,

Feeling down or frustrated after surgery is common and normal. Rest, eat well, walk daily, and focus on the positive. Remember, there is light at the end of the tunnel! We're rooting for your success.

Getting outdoors and in the sunshine can do wonders to improve your mood! One of my walks coincided with a local marathon event, so if you're a runner watch this YouTube Short.

Warm (& sunny) regards,
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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