

Hip Tip: Please don't repeat my mistakes

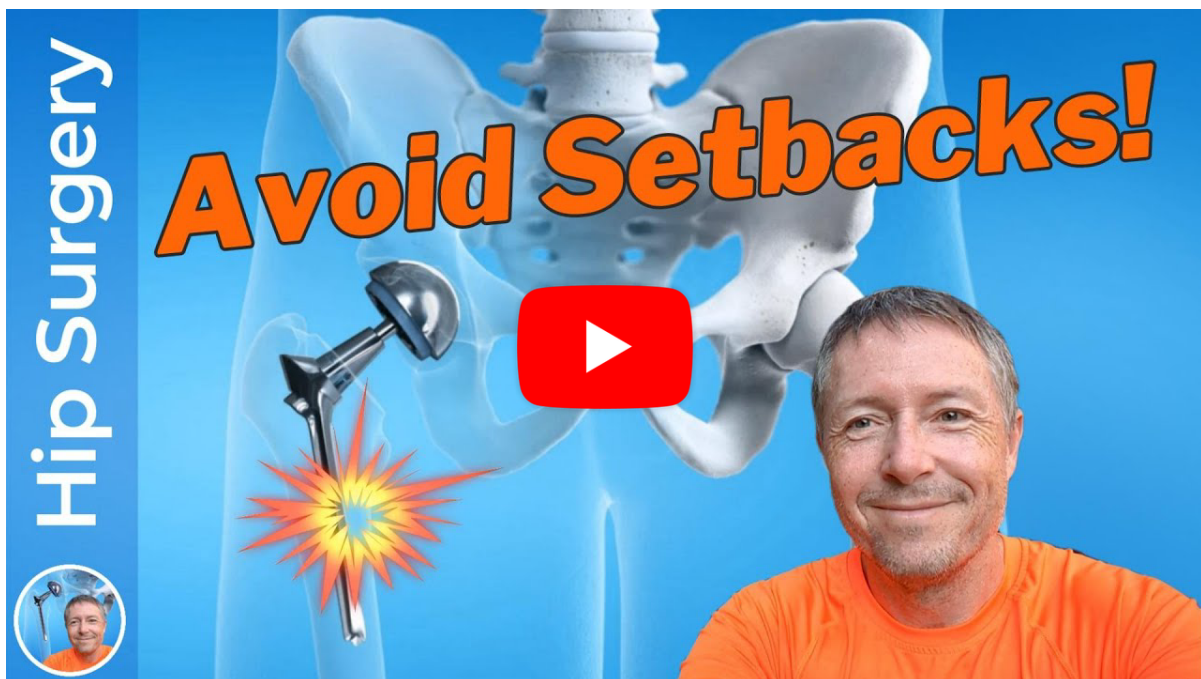
Hi Reader,

At five months post-op, I felt great! And I was back to doing the things I love with the people I love. Playing volleyball, hiking, lifting weights, biking, you name it. But even at this stage I discovered that I could overdo it and suffer a setback - and a serious one at that!

I'm sharing this video again because I hope it will help you avoid the mistakes I made. And I share what I would do differently to avoid the setback while still going on the epic adventure that caused it.

Be the Tortoise...or at least NOT a Hare at this stage.

Wishing all that life has to offer,
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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