

Hip Tip: BIG GOALS can keep you motivated

Hi Reader,

The reason many of us get Total Hip Replacement is so that we can do the things we love with the people we love. Having goals like this definitely kept me motivated during my recovery and keeps me motivated to stay fit and maintain a healthy weight.

My latest adventure was a two-week hiking trip to South America with my son. The trip was to celebrate his graduation from college with a degree in Mechanical Engineering (Summa Cum Laude btw) and I was 2.5 years post-op hip replacement. I'll have those memories forever!

So if you need some motivation or inspiration, I hope you will watch the video below. It documents several big hiking adventures including recommendations for good hikes after Total Hip Replacement and things to avoid.

Wish you all the best,
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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