

Hip Tip: This Formula will help you lose weight

Hi Reader,

Have you gained weight like I did? Maintaining a healthy weight has been a priority for me for my entire life and we found The Formula that keeps me in The Zone within 15lbs of my High School and College weight. There is some subtle word play in that last sentence, but you will have to watch the video to appreciate it. ;)

To prove this formula would work for anyone, I conducted an experiment with my 80yo mom. Within a week we had each lost 5lbs or more and what's more she kept it off. It works for us and it can work for you just like it did for this viewer:

"The Formula seems to be working. Lost 8lbs this week." - Robert

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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