



## Helpful Hippy Newsletter

By Pete Zierz

Happy New Year! 🎉

Please read on for important hip info and a look back at 2025...

Good morning {{  
contact.FIRSTNAME }},  
Grab your New Years Resolution Bingo  
card and read on...



### 2025 in a Nutshell

- Updated and migrated all my hip vlogs to a new dedicated YouTube channel
- Your Hip Journey email system has over 1,000 subscribers!
- I donated ~**1,000 hours** of my time and incurred about **\$17,000 in expenses**

It's all good! This is my retirement hobby and I'm happy to do it, but if you found my content valuable and would like to help with ongoing expenses ([click for Financials](#)), you can give a [tip through Ko-fi](#), become a [member of my YouTube channel](#) or start with my [Amazon Affiliate Link](#) when buying anything on Amazon. Your support motivates me to help more and more hippies like you! Thanks in advance, Pete

"I look forward to your emails, Pete. They are like hearing from an old friend. Keep them coming please." -Rob



@mdeltoro3016 • 20 hours ago

Your information is like having your very own hip replacement recovery coach! ...





## Laughter Heals!

### Real viewer testimonial

This is exactly what I'm going through right now. My right leg is useless.

I'm wearing one of my wife's dresses. Not going to lie, it's very comfortable.

Our bed is pretty tall and our couch is pretty low so both areas are horrible. I'm just hoping for a better feeling in leg.

Oh yeah, I haven't pooped in 4 days!

-Bruce



## Hip Q&A

### These are some real gems

**Q:** *Hay Pete, I am an avid Windsurfer and I heard you say your surgeon is also a hippy and windsurfer. Is there a way I could ask him about when I could get back to that? I was surprised that you got back to beach volleyball after I think it was four months when I would think that that's a pretty extreme activity considering the amount of agility and movement that's happening in that sport. I would've thought that would be reserved for at least after nine months.*

-David

**A:** Unfortunately, my surgeon retired and I have no way to reach him, but I base a lot of what I share in this video on [Resuming Sports after Hip Replacement](#) on what he taught me. A couple points that might help...

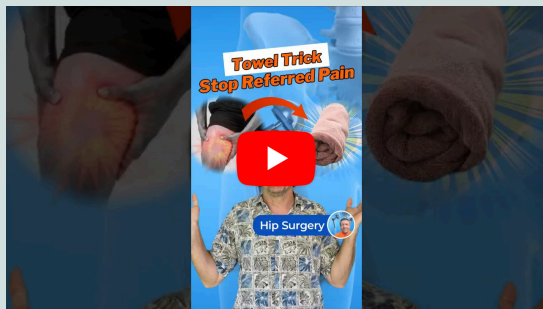
I am a very conservative volleyball player, averse to diving and I am able to hold myself back, let balls drop rather than making a risky play, etc. Some people can't regulate themselves that way. I was also playing with people I'd played with for many years and I protected my hip by keeping it away from other players.

You'll notice in the video that I did not get on a bike outdoors until around 8 months post-op. That's because being on a bike you are not as in control of your environment and going at high speed which can magnify impact from an accident. I've seen too many bikers wreck because of something outside their control.

Hope that helps. The bottom line though is that everybody has to make the best decisions for themselves and then we get to live with the consequences. Best wishes getting back to the sport you love!



**My Latest Videos**



## What I'm Reading, Listening To, Watching, and Thinking About

### Books I've Recently Finished

My reading goes in fits and starts, but I try to read more and watch TV less. Here are some books that I recently finished that I'd recommend.

1. **The Rise and Fall of the Roman Empire.** I've read it before and am enjoying it again. Being voted Caesar was not always voluntary due to a very short life expectancy!
2. **Die With Zero.** The title sounds like a purely financial book, but it is a thought-provoking exploration about getting the most out of life involving money, health, time, etc. Find it [here through my Amazon Affiliate link](#).
3. **Killing the Legends.** An entertaining and insightful book about three celebrities, their huge impact on our culture and their unfortunate deaths. Elvis, Lennon and Ali.
4. **Killing England.** Details the American Revolution and how it contributed to the downfall of the British Empire. We know George Washington as our first President, but this gives great insight into the making of the man who won our Independence - some would say single-handedly. If you can't tell, I love history!

### Make my Day

Comments like the following make my day and keep me motivated...



@joycemaurer3588 • 5 hours ago

The first vlog/video series about surgery of any kind with a sense of humor! Thanks.

### Which do you prefer?

In the next section, do you prefer the Buttons, or the simpler list of links? I've included both, so hit reply and let me know which you prefer.



## Gear you need

[Shop Now](#)

Stock up on these important items for a successful recovery.

## Free Resources

[Visit](#)

You can find a lot more helpful resources on my companion website.

## Win at Life

### Explore

See what else I'm up to and my tips on Family, Finance, Fitness, etc.

## Support Group

### Get Help

Get additional help from Pete and other hippies on Facebook

## Just the Links

- [My Amazon Affiliate shop](#) for the gear you need pre- and post-op
- [HipVlog.org](#) is my companion website with lots of additional resources
- Join [Pete's Hip Vlog on Facebook](#)
- [Win at the Game of Life](#) - my other channel with tips on Family, Finance, Fitness, etc.

Best wishes for your hip journey,  
**Pete**

P.S. Feel free to hit reply and send me a message. I read every email.



### 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.

Links for my website, channel, social media, etc. below:



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