



Helpful Hippie Newsletter

By Pete Zierz

I'm in week 2 of a weight loss and fitness challenge. We all need to do this from time to time, so please [follow my progress on my Facebook profile](#), join me, hold me accountable and cheer me on!

**Good morning {{
contact.FIRSTNAME }},
Grab your cuppa and read on . . .**



Ask: Please follow me on all your social platforms so I can grow, connect with and help more hippies. I've made it easy - you can find and share all the links right here:



From the Mailbag

Mike asked *"You're so creative and funny! May I ask what you do or did as a profession, very curious! I figure you are an engineer or an engineer type sales person, the kind of salesperson who had to know as much as the designer/engineer! Anyways, very much appreciate your vlogs! Informative, funny and realistic!"*

Pete replies: **"Thanks so much for the kind words! I was in software design, development, implementation and ultimately project management for many years, but I always tell folks that I feel like I have the heart of an engineer. I have two sons and one is a Mechanical Engineer and the other is in school for Industrial Engineering. :) So how are you doing at six weeks post-op?"**

Mike replied *"thankful for one thing - it seems they've finally perfected the craft. They knocked my surgery out in 40 minutes with a scar no longer than four inches. It's truly amazing how they can do all that precise work and fit all that gear in through such a small incision. I had both hips done—the left side first, and then the right side five weeks later.*

I am now six weeks post-op on the left leg and one week post-op on the right leg. My right side was deteriorating so fast they actually had to speed up the surgery by one week, and since the first one recovered so well, they were able to pull the trigger early. With both hips, I was walking the floor the same day, within hours of feeling my toes again after the epidural wore off. Oh, how nice it is that the old grinding pain is gone!

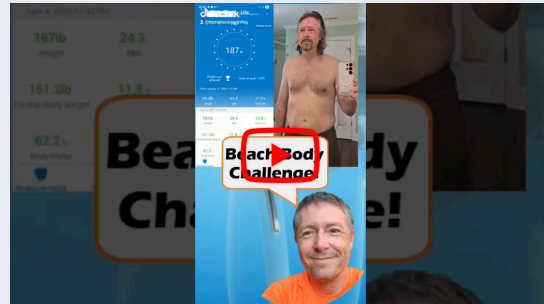
The pain is fading, and I'm cutting back the painkillers. Showers are no longer scary. The only hurdle is my bed—it's a bit too high, so luckily I have a solid recliner that lets me sleep flat. I'm enjoying all your channels, not just for the hip intel, but for the informative, positive content and frequency you're putting out. I know it takes work, and we appreciate it! Keep it moving. PS: "Hippies"—that is gold!"

Note: this double hippie update pairs perfectly with my latest video where I collaborated with six double hippies from around the world. Link is later in this newsletter.

Funnies

"Before my hip surgery, I had serious problems with my hips. It was impossible for me to get up from the floor, unless I could pull myself up with my arms to a vertical position. One day I was on a beautiful sandy beach with my granddaughter, who was 5 years old. She asked me to come down to the sand and sit next to her, and I did so without thinking about the consequences. I couldn't get up to a vertical position. Then she exclaimed: 'Look grandma, I can turn myself into a table with 4 legs for you. Then you can just put your hands and arms on my table top'. And almost woops, I was up to a vertical position" -May-Britt

My Latest Videos



Resource 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.

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

My Beach Body Challenge

I recently hit a new record weight - most I've ever weighed in my life - and the extra weight is really aggravating my chronic back pain, so I've got to get back to a healthier weight and getting fit again is part of it. Thank goodness my new hip allows me to do this! If you haven't followed my challenge so far, I hope you will start now. I'd really appreciate the support. You can [follow my progress on my Facebook profile](#). Thanks in advance!

Luther

This is a Britbox series on Disney + starring Idris Elba. He's a great actor with a lot of charisma according to my wife. Should I be worried? It's a little raw, but I find it very interesting to see how they craft a detective crime drama in a country where law-abiding citizens cannot own guns. They refer to the police as "Coppers" like the earliest mobsters in America a la Bugsy Malone.

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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