



Helpful Hippie Newsletter

By Pete Zierz

Do you shop on Amazon? I hate to ask, but did you know you can help me help others by using one of my Amazon Affiliate links before you buy *anything* on Amazon? Read on...

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



Amazon Prime Day is coming June 23-26!

Ask: Helping thousands of hippies for FREE costs money. I just spent \$95 yesterday to continue sending this newsletter and Your Hip Journey emails. With just one extra click before shopping on Amazon, you could earn me a small commission which all goes to cover the expenses of my hip vlogs. Thanks in advance! Pete

Click this link before shopping on Amazon

Want to shop the products I personally recommend?

I love Amazon, it's changed my life! And I love sharing things that have made a big difference in our lives, things I love, not just the usual stuff we buy. So I've created an Amazon Storefront and some lists of these special items. Give 'em a try and let me know.

- **Pete's Hip Kit** - everything I recommend for your hip journey
- **Pete's Book Club** - life changing or just entertaining, but all great

Send me your Questions

Got a burning question? I'd love to address it in an upcoming Helpful Hippie Newsletter. You can reply to this email anytime with your questions. Anything is fair game.

Want some inspiration?

At almost 3.5 years post-op RTHR, several friends regularly comment that my wife and I are the busiest retirees they know and the last three weeks were no exception. I'm sharing this because none of it would be possible without my new hip and this new lease on life. If you've already had THR, I hope you're enjoying a new lease on life yourself and **please reply with what you and your new hip are up to this summer**. Pictures are welcome too!

Week 1 - at the beach with friends, I was walking several miles every day to maintain fitness and the recent weight loss from 7 weeks of intense diet and exercise. Thanks Hip!

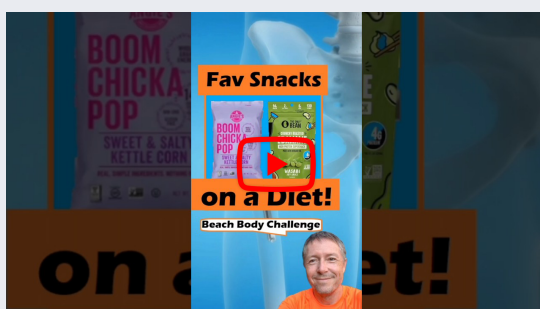
Week 2 - my youngest (21yo) son and I met a friend for four days of fun driving through the mountains and twisties of Tennessee, North Carolina and West Virginia. Did I mention

I played volleyball with my older (23yo) son, biked, etc. and we visited friends where we got to witness their 1yo taking her first steps!

Week 3 - We decided to splurge and take our youngest and a friend to Game 5 of the Stanley Cup finals and our Carolina Hurricanes WON! That involved some walking and many hours of sitting and standing - all of which would have been miserable with my bad hip, so thanks shiny new hip! Yes, more volleyball, walking, and gym workouts too. Go Canes!!!



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

Success! I hit my weight and fitness goals and am now in maintenance mode as well as continuing to improve fitness and strength. The best part is that my lower back pain is definitely less with the weight loss! I'm creating a bunch of free resources to help others win with weight and fitness. I think I'm gonna call it "Fit for Life 411" since it's helped us for about 30 years. Whaddya think? If you're ready for your own challenge, I'm happy to help with support and accountability...that really helped me in my own challenge. Just connect with me [on my Facebook profile](#).

How to Retire

I bought this book before our beach week and just left it lying around for my friends and I to leaf through and it already sparked some interesting conversations. I wish I'd read books like this and Die with Zero several years before retiring. We often think of retirement in financial terms, but what I love about books like these is they speak about many other aspects of retirement that are just as important as finances. I'm planning some videos discussing various topics from the book and my own experiences now 4 years into retirement. You can find my favorite books in [Pete's Book Club](#) in my Amazon Shop.

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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