



Helpful Hippy Newsletter

By Pete Zierz

Please forward this newsletter to someone who may find my content helpful. There are thousands of Total Hip Replacements performed every day, so chances are someone you know is next...

**Good morning {{
contact.FIRSTNAME }},
Fun Guy, or Funghi?**



In this issue...

So much exciting stuff going on! Some inspiration to share from other hippies. Foraging for mushrooms, my new Fit 4 Life 411 fitness and weight loss content and support group, MEGA Settlers of Catan, and even the not-so-fun stuff like my chronic back pain and DDD (know what that is?). Disc Degenerative Disease - Boo!

Click this link before shopping on Amazon

Send me your Questions

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

From the Mailbag - some Inspiration and other stuff

Hi Pete, Your advice and encouragement through the blog, etc. has been a great help to me. I had been a keen cyclist. Typical riding 60/70 miles of hilly Devonian countryside each Saturday. However after 2 months off the dreaded arthritis struck and I was soon in huge pain and only able to walk short distances. I'm convinced that the cycling kept my arthritis at bay.

After my 2nd hip I decided to try and get fit enough to ride again so followed all the walking and exercises I was instructed to do. After 3 months I started cycling on a static bike then by January got out on the road. Boy that was hard !

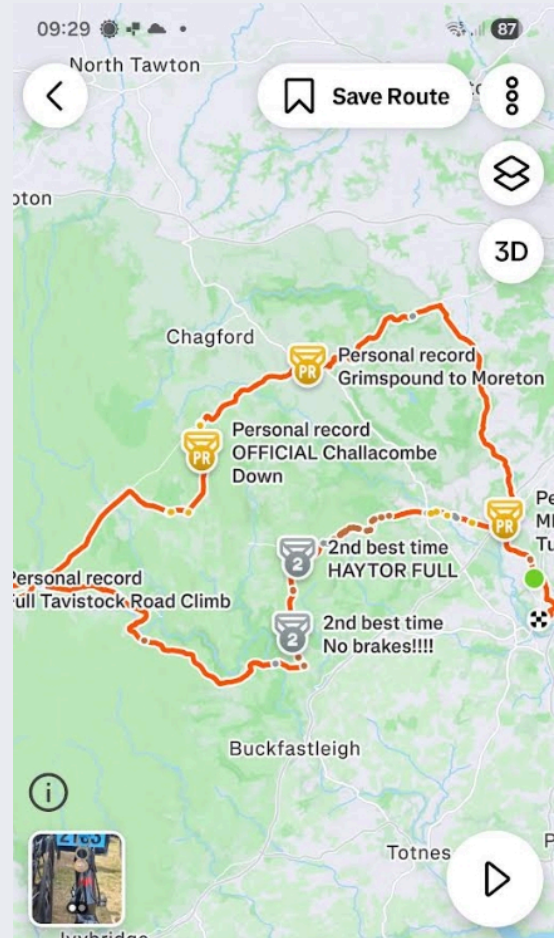
I made a target to do a sportive ride over Dartmoor in June. I had previously done it 3 times and got gold medal times. It's 100k and 6000 ft of climbing some of which are 25% grades. I'm pleased to say that on Sunday I completed the event in 5hrs 20 which as a senior (65) was a gold medal!

At one point I never thought I'd ride again so I'm forever thankful for the help and support that has got me there. We know that a word of encouragement or the positive blog at the right time can have massive effects. So I have many people to thank, you included.

Keep up the good work.

Kindest regards

Mike E.



4 Months Post-Op: Your new life

Things are going good at 4 months, I have been windsurfing quite a few times and taking walks with my wife. We will be in Poland and Greece in a month and will be doing some hiking and windsurfing while there. Next year we will be going to Machu Picchu.

David S.

The Best Thing About My New Hip

Hi...appreciate your emails. Now at 1 year out I can honestly say my only regret in this journey was not having it done sooner! Im 68..riding my horses, working around my farm and hiking...love life again!

Best wishes,
Leslie S.

Competitive Weightlifting

Pete, I very much appreciate your Vlog and I've gotten a lot of useful information, especially helpful are your explanations about the healing process which helped me not to over do it as I went through rehab and resumed my Weightlifting training.

At the Ohio Championships in August 2025, I not only returned to the platform but broke all the state records in my division (75–79 years, 88 kg bodyweight). Hopefully this will help others overcome fear if that's what's holding them back from surgery and also show that a hip replacement can get you back to what you want to do.

Again, thank you for the Newsletter.
Frank B.



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

Thanks for the Coffee/Ko-fi

Jim T supported Pete's Hip Vlog with a \$25 contribution on Ko-Fi! Thanks Jim for helping offset some of my expenses so that I can continue doing this for FREE!

Fit for Life 411 (formerly my Beach Body Challenge)

I'm in week 15 of my 7-week fitness and weight loss challenge. Whuuut?!? The original challenge was 7 weeks and I achieved my goals, but the ongoing challenge is to maintain it despite all the twists and turns life throws at you and there have been plenty! A week at the beach and a road trip disrupt exercise routines while offering endless temptations to crash my diet. Then I was sick for two weeks and now my DDD and chronic back pain are flaring up further limiting my ability to maintain a healthy weight and stay fit. Thankfully I've been able to keep the weight off, but continue to try to figure out how to stay fit with all these limitations. I hope you'll check out the content I've been developing to help you do the same with videos, a new Facebook support group, progress trackers, etc. And it's not just for hippies...it'll work for anyone! Just ask my 80yo mom.

Chicken of the Woods?

No, it's not "Poultry Gone Wild!" Chicken of the Woods is the mushroom pictured at the top of this email and that one was easily a foot across! I foraged it on a recent walk. They are the most interesting mushroom and are named appropriately. When sauteed, they taste like chicken and the texture even shreds like chicken. It's uncanny really. I used part of this one in this fried rice dish and it was delicious if I do say so myself.



Settlers of Catan

I love playing Settlers of Catan and it has recently made a resurgence especially with younger people in their 20s and 30s. So I've been playing a lot and have even figured out a variation we call MEGA Catan which can accommodate up to twelve players on a single game board! This pic is from a nine-person Seafarers game and since we didn't have enough meeple sets with ships, my son used almonds! The engineering mind....



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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