

WELLNESS Wednesday | *February 18th, 2026*

20-Minute Beginner Cardio Routine (No Equipment)



- Warm-Up (3–5 minutes)
- March in place – 1 min
- Arm circles – 30 sec each direction
- Side steps – 1 min
- Gentle torso twists – 1 min

Main Workout (Repeat 2–3 rounds)

- Jumping jacks – 30 sec (or step jacks for low impact)
- High knees – 30 sec (march if needed)
- Bodyweight squats – 15 reps
- Standing punches – 30 sec
- Butt kicks – 30 sec
- Rest – 30 sec between exercises

Cool-Down (3–5 minutes)

- Slow march – 1 min
- Deep breathing – 1 min
- Stretch hamstrings, quads, calves, and shoulders – 30 sec each

Tips for Success

- Start with 2–3 sessions per week, gradually increasing duration or intensity.
- Modify movements to suit your fitness level—low-impact versions are great for beginners.
- Stay hydrated and wear comfortable shoes.
- Track your progress with a journal or app to stay motivated.

Healthy Recipes Feature

Breakfast

Egg Muffins



Lunch

Turkey Lettuce Wraps



Dinner

Feta and Herb Crusted Salmon



MMO Announcement:
Paperless Explanation of Benefits (EOB) Initiative

Medical Mutual is launching a new initiative to encourage more members to switch to **paperless Explanations of Benefits (EOBs).** This effort supports the ongoing commitment to improve member experience, enhance security, and reduce paper waste.

What's Happening

Medical Mutual will be sending a **targeted email campaign** to members, inviting them to register for paperless EOBs.

Who Will Receive the Campaign

Members who currently receive email communications but **are not yet enrolled in paperless statements.**

Why It Matters

Switching to paperless EOBs provides:

- **Greater convenience** – easy access anytime, anywhere
- **Improved security** – reduces risk associated with mailed documents

Timeline

The campaign will be launched in **Q1 2026.**