
Air New Zealand and Les Mills bring exercise onboard

By **Sabrina Pirillo** on December, 2 2019 | Amenities & Comfort



[Air New Zealand](#) and group fitness company [Les Mills](#) have teamed up to bring a series of stretches, exercises and meditations to the airline's international flights. The wellness segments will be hosted on the inflight entertainment system for free, with adaptations for Economy and Business Premier seats.

"We understand the challenges of flying - some customers want to relax and unwind, while others need to stretch and move their bodies while at altitude," said Niki Chave, Air New Zealand's senior manager for customer experience. "The team at Les Mills has crafted these movements specifically for Air New Zealand customers so they feel refreshed and ready to enjoy their destination."

Travelers also have access to a 10-day free trial of LES MILLS™ On Demand with unlimited access to more than 800 workouts.

"It's not about doing burpees and tuck jumps in the aisle," said Les Mills Creative Director Diana Mills. "This is all about demonstrating low-impact, carefully designed stretching and relaxation techniques that anyone can do discreetly in their seat to effectively alleviate any symptoms associated with travelling."