



## NEWS RELEASE

# Keep New Year's resolutions on track with healthy dining options and travel tips on American Airlines

2025-01-08

With a number of routes catering to fitness-loving travelers and an array of dietary-conscious dining options, American Airlines offers its customers plenty of ways to stay active and healthy on the go — even if they've already abandoned their 2025 New Year's resolutions.

For those looking to connect with the great outdoors this year, American is adding more routes to fulfill desires for adventure travel with new flight options for customers to:

- Get lost under the stars in Nova Scotia's Mi'kmaq Lands with a glimpse into the universe on new flights to Halifax (YHZ) from Chicago (ORD).
- Lace up a pair of rugged shoes and see glaciers near Kalispell, Montana (FCA) or Calgary, Canada (YYC) with new flights from New York (LGA).
- Snap pictures with amazing wildlife after a flight to Bozeman, Montana (BZN) from LGA.
- Wind down from summer travel via leaf peeping in Quebec City, Canada (YQB) with new service from Dallas-Fort Worth (DFW).

## GET ONBOARD WITH HEALTHY DINING

For more than 30 years, American has been offering meal options that cater to a number of diets and lifestyles — a relief for the estimated 30% of Americans avoiding gluten and the 15% opting for dairy-free.

In addition to serving **oat milk creamer** and La Croix Lime sparkling water, American's menu options include vegetarian, vegan, kosher, lactose-free, Muslim, Hindu, diabetic and gluten-free meals — all of which are available along with the full onboard menu to **pre-order** before a flight to ensure dietary needs or cravings are met.

Fun fact: More than ONE MILLION meals served onboard American Airlines flights each year are among these specialty options.

"Our health-forward dishes are made to taste great while also supporting fluid intake, aiding digestion, and being rich in nutrients," said Kim Cisek, American's Vice President of Customer Experience. "At American, we want our passengers to arrive at their final destinations feeling fulfilled and refreshed so they can enjoy whatever adventures lie ahead."

#### NO DELAYS ON DRY JANUARY

This month, customers are invited to enjoy a refreshing mocktail in the Admirals Club, with options including the below, which vary by locations:

- Winter Citrus Sparkler: A refreshing blend of vibrant orange, grapefruit and lime juices with fragrant rosemary to capture the essence of a crisp January day.
- Ginger Peach Mojito: A juicy cocktail of mint, lime juice, ginger syrup, peach puree and club soda.
- Turmeric Grapefruit Mule: A zingy cocktail of ginger beer, turmeric syrup, grapefruit and sugar rim.
- Sparkling Blood Orange Mocktail: A citrusy cocktail of blood orange juice, honey, vanilla and club soda.
- Elderberry Sparkler: An immune-boosting cocktail of elderberry juice, ginger, lemon and sparkling water.

American was also the first major airline to serve Athletic Brewing non-alcoholic beer in its lounges, a popular choice year-round since 2022.

Winter Citrus Sparkler  
Ginger Peach Mojito  
Turmeric Grapefruit Mule  
Sparkling Blood Orange Mocktail  
Elderberry Sparkler

#### STRETCH IT OUT WITH SEATBELTS

FASTENED

Through its partnership with the **FitOn fitness app**, American's free inflight entertainment provides travelers with a number of guided stretching videos and meditation practices designed to bring down heart rates with controlled breathing exercises.

“Sitting for an extended period of time, especially on longer flights, can lend itself to muscle stiffness and poor circulation — all of which can be prevented with a few simple stretches done from the comfort of your seat,” added Cisek. “On your next flight with American, take a few moments to release the tightness and tension in your neck, low back and hips. Doing so will make your journey that much more enjoyable.”