

FEATURED

# Boomer's Boot Camp rolls through Brownsburg

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**CHAIR EXERCISES:** Boomer, along with Pacemates, led the residents in some seated chair exercises.



**BROWNSBURG** — Living your best life should be a top priority at every age, and the Indiana Pacers' mascot — Boomer — has been visiting American Senior Communities (ASC) locations to ensure that Hoosiers of all ages are being active and staying fit.

"[These events] are part of the Pacer's efforts to encourage young and older people to lead healthy lives," Eunice Trotter of ASC said.

Boomer and his entourage arrived for Boomer Boot Camp on Tuesday afternoon at Brownsburg Meadows Assisted Living, 7133 Meadow Trail, escorted by Ritchie Smith of the Pacers and Pacemates Leslie Ann and Bridget, all of whom helped Boomer demonstrate exercises.

"We're here to talk about how important it is to exercise and how good it is for your body," Smith said as Boomer worked the room, shaking hands with every resident who'd come to see him. "We're going to do a boot camp here with you guys today. We're going to have fun, and we're going to be a little bit silly. If you know Boomer, you know it always gets a little silly."

Boomer agreed as the residents tittered and clapped, watching him play with the resident French bulldog, Oliver. Oliver was given his very own Boomer doll, and he played an enthusiastic game of fetch, ultimately ripping the stuffing out of his new toy before the exercises had really gotten underway.

"We're going to have Boomer warm you up," Smith said, as Boomer found a chair at the head of the crowded room. "Follow along and do whatever Boomer does. If it's tough, then just try you're best. We're here to have a good time."

The residents followed along as best they could, doing arm and leg exercises as they all remained seated. Boomer led them in exercises to the theme songs from "Happy Days," "Mr. Ed," "Hawaii 5-0" and many others.

"This is the first time we've had a Boomer Boot Camp at this location," Katilyn Buenavides of ASC said. "Boomer has been coming to ASC for the past couple of years now. The residents are always really excited about it."

Buenavides said flyers went up before the event, letting residents know that Boomer would be paying a visit.

"Everybody started talking about it," she said. "They've really been looking forward to it."

Buenavides said the number one priority is the residents' quality of life.

"We want to make sure that they're happy and that they're enjoying their time here," she said. "We have a lot of Pacers fans here too. To have the opportunity to bring this is great, and to utilize it as a way to have them focus on exercising and staying active makes it even better."

Buenaides said that the residents already have daily exercise classes that include Tai Chi and “sittercize.” Brownsburg Meadows Assisted Living also recently opened a new Energy Wellness Gym.

“I just really feel that we’re resident focused,” she said. “We focus on that quality of life I mentioned, so I think that across the board ACS shares that common goal — making sure our residents are cared for and living their best life.”