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Tips for a Longer, Healthier Life

Grandview Surgeon gives advice to Dunlap seniors on longevity with quality

JASPER, TN – What does it take to lead a long, healthy life?

While that may never be an easy question for everyone to answer, Dr. Edward Mosley, a surgeon practicing at Grandview Medical Center, gave some insight to over 75 members of the Dunlap Senior Citizens Center.



Mosley, the guest speaker at a luncheon held April 11 at the center, has long had a personal and professional interest in life longevity and quality. He offered advice to those attending the luncheon on maintaining as long of a healthy, productive life as possible.

“You can begin to take control of how long can live at any stage in life,” Mosley said. “We are all mortal and must accept that fact, but if we follow some basic rules we can extend our longevity and enjoy the days we do have.”

Among those “basic rules” Mosley advised were to limit one’s intake of food, exercise regularly in any capacity and maintain healthy relationships, both physically and spiritually.

“I recommend that a person eats only until he or she is 70 percent full,” Mosley said, saying that a nutritional, portion-controlled diet is the most determining factor in maintaining a healthy

lifestyle. “A person is literally made of what they eat. A person cannot eat too many vegetables. There’s no better food than what God has given us in its natural state. Fresh vegetables are much better than processed.” Mosley said he personally cooks his vegetable as little as possible, or not at all.

Mosley also said that just about anyone can exercise regardless of their physical state. “Even all you can lift is a phone book or bottle of water; use every muscle you can as often as you can.” And don’t tempt fate, he added, saying that accidents among the elderly, such as falls, can quickly erase any progress. “If you have to reach something high on a shelf at home, don’t stand on a chair. Ask someone else or forget it. Don’t take unnecessary risks.”

Maintaining healthy, vibrant relationships with others also increases longevity significantly, he said. Whether those relationships are spiritual or with family and friends, interaction with others on a regular basis has positive affects on the health and well-being of an individual.

About Grandview Medical Center

Grandview Medical Center, a member of Capella Healthcare’s family of hospitals, is a fully accredited 70-bed licensed hospital located in Jasper, Tenn. The hospital serves Marion, Sequatchie counties in Tennessee and north Jackson County in Alabama. Grandview Medical Center also operates the Marion County Ambulance Service; North Valley Medical Plaza, a 24-hour emergency department and outpatient clinic in Dunlap; and Mountainview Treatment Center, an adult inpatient psychiatric program located on the grounds of Grandview Medical Center. For more information, please visit www.grandviewmedicalcenter.com.

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