

## A Healthy Choice

*LivingSmart.Live /CMATCH offers you the program **Taking Control** where you don't just quit tobacco, but you start living!*

***And, it is free!***

***Taking Control** is written and produced by a Nurse Educator and patterned after evidence-based practice in behavior change strategies that are successful in helping individuals gain the victory over addiction to nicotine.*



**GET OVER TOBACCO**



**FrameWork Health, Inc.**

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**GET OVER TOBACCO**

**Taking Control with Power!**

**Start Living!**

## Taking Control Online Coaching

### *Inside "Taking Control"*

For 14 days we will:

- Help you confirm your decision to quit in the first place,
- Guide you the first 3 days to prepare you and your environment to be tobacco free,
- Teach you about the actions of nicotine and how to rid it from your body
- Suggest delicious nutritious meal plans and invigorating exercise,
- Teach relaxation and stress reduction--on the job or in caregiving
- Teach you behaviors of a non-smoker, non-tobacco user,
- Provide optional spiritual support from Biblical sources.
- Encourage involving family and friends for support throughout this transition

**Taking Control** focuses on problem-based learning and competencies.

The Taking Control Online Coaching program -- Videos and Printable Guides.  
The cost for this option from the convenience of your computer or mobile device? It's FREE!

All daily coaching videos are viewed here on the site. We encourage you to begin your day with these visits for optimal engagement toward your success.

There are downloadable print guides to accompany the videos and instruct in lifestyle activities and strategies: Taking Control Guide, Partner Guide, Nutrition Guide.

Other supportive audio recordings may be downloaded. You begin each day on the website with a short video that convincingly guides through successful quitting strategies.

The Guides reinforce video coaching in new, life-changing health strategies for meal planning, exercise, coping with stress, managing time, and relationships.

Or . . . The Taking Control Downloadable Audio Files (mp3s) (same as above)

In both video and audio coaching sessions a team of health professionals motivates and encourages the wholistic lifestyle change.

In all options a non-smoking supporting partner is instructed

If you are looking for help in quitting tobacco use forever, in taking control of your day-to-day living—clean and free of a nagging craving for nicotine, you are in the right place to get over it at  
**[www.LivingSmart.Live/CMATCH](http://www.LivingSmart.Live/CMATCH)**

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