But how can small towns make these changes? The Vermont Healthy Community Design Resource, *Examples for Creating Healthy Communities: Physical Activity, Healthy Eating, Tobacco, Alcohol & Drug Abuse Prevention* provides examples of policies, plans, and strategies Vermont communities have implemented to create places that support healthy lifestyles. It also includes sources to find “best practice” examples of zoning, ordinance and policy language municipalities could adopt to support healthy lifestyle choices.

In addition, the National Physical Activity Society’s *Stories from Small Towns*, shows that changes to make walking, active transportation, and recreation easier can be carried out in small towns, not just big cities. The project focuses on advice from towns that have made some changes, with the aim of inspiring town leaders across the country to see such infrastructure as possible and worthy. Click on the Slideboom presentation, enlarge to full screen, and click through the slides. You will get a visual experience of possibilities that just might inspire you!