

#tri10

is my set of **three** really **i**mportant **2010** initiatives

these are not resolutions, they are not rigid goals with a defined endpoint. instead, they are three dynamic initiatives that will evolve as the year presents both new challenges and opportunities for discovery. cheers to two thousand and ten!

#sea10

preparing for, moving to and adjusting to life in Seattle, WA

#nu10

sustaining a healthy diet free of animal products and low in both fat and refined foods

#fit10

changing my patterns of activity to further embrace walking, biking and visiting the gym

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