

Prince William Beats Kate In Canadian Dragonboat Race

When it comes to competition, the Duke and Duchess of Cambridge are the folks to focus on right now. Prince William and Kate Middleton went head to head in a dragon boat race across Dalvay Lake in Canada Monday, according to [People](#). The pair, who enjoy battling it out in tennis and other sports as well, showed off their competitive spirits at the Prince Edward Island boat race, in which they led teams of local athletes.

Is competition in a relationship healthy?

Cupid's Advice:

Playful competition is no problem, but if it gets too serious, put an end to it quickly. Here are some tips from Cupid:

1. Keep it simple: Not all competition is bad. You and your honey can play a few games of your choice and be able to spice it up by adding a little competition without getting too serious.

2. Be mindful: Check your surroundings at all times and keep in mind that people watch the way you and your significant other interact with each other. If you can't keep the competition friendly, people will automatically assume there's some tension or jealousy going on in your relationship.

3. Don't forget: A relationship takes give and take. It's not all about you. Know what you have in your lover and cherish that. This should avoid any unnecessary competition.

How do you and your mate refrain from taking competition too far? Share in a comment below.