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Arthritis Today

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2005 DRUG GUIDE

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Pamper Pain

Up For a Challenge?



A new game makes exercise fun – and gently competitive.

Ever want to challenge a loved one? Vicki Sorensen, of Carver, Minn., did. She challenged her future husband to see who could lose more

weight before their wedding. They made up a point system and dreamed up enticing rewards as motivation to exercise. Getting in shape became fun; winning meant sticking to the program, not being faster or stronger. Sorensen went from a size 10 to a size 6, and her fiancé lost 20 pounds in time to get their marriage off to a healthy start.

Two years later, when Sorensen received a RA diagnosis, her load of prescriptions caused her to gain weight – a common side effect. "It was time to play the game again," says Sorensen. The game worked again, and she decided to make it available to others.

Sorensen's original challenge to her then-fiancé has turned into a real board game called "The Fitness Challenge" (\$29.95, www.fitnesschallenge.com). When you agree to a challenge, you and your partner – who don't have to be at the same fitness level or even in the same town – choose the wager cards you want as rewards, ranging from a day at the spa to a night on the town and more.

"For people who think exercising isn't fun, the possibility of winning, say, a day off from cleaning the house might keep them motivated. You can stay motivated by playing with different partners every eight weeks, changing the stakes and changing the nature from supportive and friendly to competitive," says Sorensen.

Benefits of STRETCHING

US \$3.99 CAN \$5.99

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