

Looking for Neverland...



The WHME team working hard while playing hard on our May fashion shoot!

When I was a kid, I never really thought much of *Peter Pan*. Sure, it was cute, but I was more keen on stories like *Pocahontas*, *Beauty and the Beast* and *Mulan* (of course I'd like the ones with the heroines fighting for what they believe in, while breaking gender stereotypes of conventional female roles... go figure). It wasn't until I was on the cusp of adulthood that I began to appreciate the concept of Neverland—a realm where every-

thing is light, easy and fun (even if you're being chased by pirates) and any adult problems are a world away. With every year that we grow older (and hopefully wiser), we tend to accumulate a greater amount of Serious Life Things to take care of, be it increased responsibilities at work, kids to raise, bills to pay, and so on. Then there's also life's more sobering inevitabilities, like the loss of loved ones, or becoming more aware of some of the harsher realities of the world. It can, understandably, be tough to sometimes just let

go and lighten up a little, especially if you also have a strong conscience when it comes to social and ethical responsibility.

But while these things are important, it's equally important to sometimes let your hair down and just enjoy yourself too—even the experts say so! Studies have found that having fun at work can make us more motivated and productive, and that playfulness is one of the most attractive qualities to both men and women, especially when it comes to long-term partners. In fact, recreational deprivation has even been linked to criminality, obesity and a decline in creativity. On the flip side, adult life also has its fair share of benefits of course—the key is in finding a balance between both. While I don't think it would actually be healthy to live in a metaphorical Neverland all the time, being able to tap into a place where, mentally, you're afforded that level of freedom, is essential for retaining a sense of playfulness and, in turn, a happier lifestyle. It's one of the reasons I love living an active lifestyle and having plenty of hobbies: Whether it's an awesome playlist, a great exercise buddy, or just a really fun workout, doing a physical activity that you truly enjoy can really help you get in touch with your inner child—and not just because all of those precious endorphins. Just think of it like your visa to Neverland. This also happens to be my birthday month, and this year I'm going to hit the big 3-0. Uh oh. But ticking the next age box up doesn't mean having to sacrifice your sense of play—whether you're trying a hula hooping workshop (p.60), a novel restaurant (p.82) or getting messy with paint (p.107), this month we're all about embracing the fun side of life. See you in June!

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TIME FOR A CHANGE

IF YOU HAVE...

1 MINUTE

Pick up a low-maintenance leafy herb next time you're at the grocery store, then follow our tips on keeping it thriving, before using them in one of these tasty and fresh recipe ideas. "Sprig It On," p.69

5 MINUTES

Take a short walk on your lunchbreak, or try one of these exercises to stretch your back and neck out for fewer aches and better posture. "In A Slump?" p.64

10 MINUTES

Film a 15-second video showing us why your love for sport is about Heart Not Hype, and enter 2XU's #ShowUsYourHeartCore competition to be in it to win an amazing prize! "This Month," p.112

15 MINUTES

Forget the bunches of crunches: This killer but quick workout is your ultimate fast-track route to sculpting a toned core, tighter tush and stronger arms. "Plank On It," p.59

30 MINUTES

Grab your curling iron, anti-frizz cream and a hot ear cuff and try one of these easy but gorgeous hairdos for a flirty look on your next date night. "Take A Side," p.29

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