

Your guide to intelligent lifestyle

APRIL 2003

P120

# metro

THE BEAUTY ISSUE

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for **expectant  
mothers**

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Dzejla Glavovich



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P125 in Visayas  
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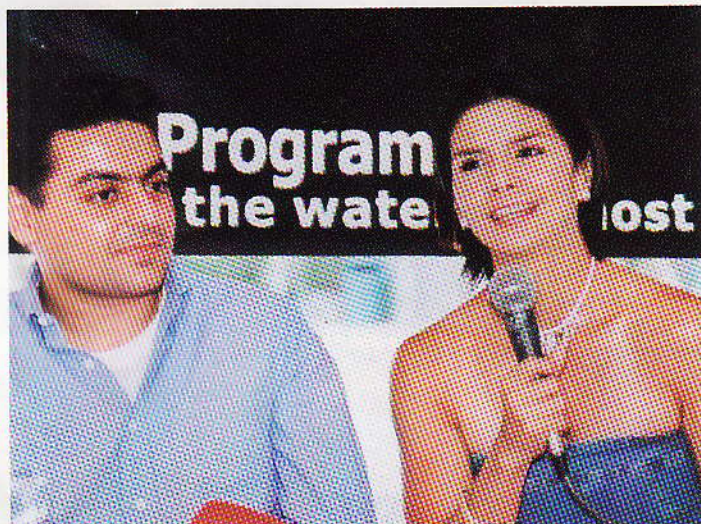
# Metro Magazine

## discovers breakthrough swimming technique

ABS-CBN Publishing's magazine, METRO, has continuously kept its keen sense of discovery for new trends in lifestyle. In 2003, it uncovers a sports breakthrough that is slowly getting the attention of the swimming world. This breakthrough is called "Total Immersion Program", a technique to increase swimming efficiency. It has been proven to enable swimmers to swim better, faster and with less effort. In some instances, it is called "fish-like swimming" — a description that parallels the *cutting-through-the-water* technique of Total Immersion to fish-swimming.

With its partnership with Speedo, the world's leading Aquatic sports brand, Metro Magazine makes this technique available to the public. Through purchases of Speedo wear, consumers can avail of the Total Immersion Program at a discounted rate. Teaching this technique is Ms. Ria Mackay, a certified Total Immersion Program instructor schooled formally in the United States.

This is METRO Magazine's contribution to the Filipino's sporting lifestyle options — a scientific way to enhance speed and efficiency in the water. Total Immersion is open to people of all ages interested in making the cut in the water. For more information on Speedo and Metro's Total Immersion Program Promotions please visit Speedo outlets in major malls.



Manesh Mathani, VP for Operations Speedo Philippines and Sports Unlimited's Dyan Castillejo



Manesh Mathani, Ani de Leon, Total Immersion's first Filipino certified instructor, Ria Mackay, ABS-CBN Publishing Inc. President, Ernie Lopez and Dyan Castillejo



Ani de Leon, the Philippine's number one female triathlete.



Speedo Philippines Product Manager Tonette Faner



Ria and Ernie going through Terry Laughlin's latest book on Total Immersion