



Michael Anzovino, Founder & Owner
The h.o.w. Approach Health & Fitness
www.howapproach.com / (914) 570-4625

Michael Anzovino, founder and owner of The h.o.w. Approach has been passionate about fitness for well over 20 years. His love for health and fitness started at an early age where he was active in baseball, basketball, football, hockey, and martial arts. His love for fitness continued as he became older through training and building lean muscle with strength and conditioning, cardiovascular workouts, and power lifting.

Similar to a lot of people, Michael struggled to keep up with a consistent health and wellness routine. Throughout his thirties, he unfortunately got mixed up with the wrong crowd, and his fitness fell by the wayside. With poor nutrition and lack of training his weight ballooned to 215lbs. Waking up one day, he decided that he needed to make a change. From that moment on, he threw himself back into training, got back down to 185lbs, and felt like he was in his twenties again!

Over the years, he has done extensive research on training theories, nutrition, supplementation, herbs, weight management, and chronic illness exercise therapy. In addition to his own wellness journey, he has also received certifications from ISSA (International Sports Sciences Association) as a Fitness Trainer; Kickboxing Fitness Institute as a Kickboxing Fitness Instructor; AFPA (American Fitness Professionals & Associates) Certified Nutritionist & Wellness Counselor; ACE (American Council on Exercise) for Multiple Sclerosis and Exercise and lastly, AFPA (American Fitness Professionals & Associates) Certificated Multiple Sclerosis Exercise Specialist.

Michael has a passion for helping others, he serves as the Northeast Advocate for the MS Fitness Challenge Charity as well as a Partner & Trainer with Trainers with a Heart. He has helped many in their fitness and health journey and understand the struggles people face. His personalized approach has played an intricate role in incorporating new ways for his clients to begin the steps of their fitness journey, and achieve physical, emotional, and spiritual renewal with proper nutrition, training, sleep, and all around good habits and choices. Michael feels anyone can reach a state of wellness. His goal is to teach and educate people on how to make a complete lifestyle change, no matter where they are in their journey. He often says, "You only have one body, make an investment in it and let's get healthy together."