



Cosponsor the PHIT Act Personal Health Investment Today (PHIT) Act S. 844, H.R. 3109

PHIT promotes physical health by allowing the use of pre-tax medical funds to pay for qualified fitness and sports expenses of up to \$1,000 per year for individuals or \$2,000 for heads of household



PHIT ACT benefits will help individuals and families overcome financial barriers to active lifestyles

The PHIT Act Covers:

- | | |
|-------------------------------------|-----------------------------------|
| Youth & Adult Sports League Fees | Pay-to-Play Sports Fees |
| Youth Camps | Lessons & Clinics |
| Exercise & Yoga Classes | Tournament Fees |
| Personal Trainers | Gym & Health Club Membership Dues |
| Sports & Fitness Equipment | Home Fitness |
| Hiking, Climbing, Biking & Kayaking | |

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Join **Congressmen** Ron Kind (Jill O'Brien) & Mike Kelly (Kevin Dawson) & **Senators** John Thune (Danielle Janowski) & Chris Murphy (Elizabeth Darnall) in promoting healthy, active lifestyles.

And much more!



The CDC recommends that “healthy adults should participate in moderate intensity aerobic physical activity for a minimum of 30 minutes a day, five days per week, or vigorous intensity aerobic activity for a minimum of 15 minutes a day, five days per week.”



BENEFITS OF SPORT

- ❑ Improved physical & mental health
- ❑ Reduced risk of chronic disease
- ❑ Stronger cognitive skills
- ❑ Higher test scores & attendance
- ❑ Higher self esteem
- ❑ Leadership & teamwork
- ❑ Improved social skills
- ❑ Lower medical costs

Source: The Aspen Institute

“ **90%**
Of America’s
\$3.3 trillion
In annual healthcare
expenditures are for people with
chronic & mental health
conditions.”



70 MILLION
Americans have access to HSAs/FSAs

\$68,000
is the average household income
of HSA account holders

72% of parents believe inability to play sports has caused their children stress or anxiety.

50% decline in interest in sports participation among children in 2020



“The psychological and physical benefits of exercise can help improve mood and reduce anxiety”

- [Mayo Clinic](#)

PHIT
will lower the cost
of activity in
America