Cosponsor the PHIT Act
Personal Health Investment Today (PHIT) Act
S. 680, H.R. 1679

PHIT would make any expense exclusively intended for the sole purpose of being physically active eligible for FSA/HSA reimbursement.

PHIT ACT benefits will apply to all Americans and help families overcome financial barriers to active lifestyles

The PHIT Act Covers:

- Youth & Adult Sports League Fees
- Gym & Health Club Membership Dues
- Exercise & Yoga Classes
- Personal Trainers
- Sports & Fitness Equipment
- Bike Rentals
- Youth Camps
- Pay-to-Play Sports Fees
- Tournament & Race Entry Registration Fees
- Required Uniforms
- Fitness Tracking Devices
- Sport-Exclusive Footwear

And much more!

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“60% of parents worry their spending on youth sports will impact their ability to save and invest for the future.”

USA TODAY, 2017

Parents spend, on average, $693 per child, per season on youth sports.”

Aspen Institute, 2019

Inactivity Rates by Household Income
2019

- 39.1% for Under $49,999
- 24.3% for $50K - $74,999
- 18.9% for $75K - $99,999
- 16.5% for $100K +

40% of the population making under $50,000 per year are INACTIVE.

$57,000 is the average household income of HSA account holders

PHIT will lower the cost of activity for all Americans

Adolescents who play sports are 8x as likely to be active as an adult

Team sports provide social and psychological benefits (i.e. social skills, cognitive skills)

Active parents are 6x more likely to raise active kids

Youth athletes show improved academic achievement (i.e. grades, standardized test scores)

High school athletes are more likely to graduate & attend college

Support the PHIT Act (S. 680, H.R. 1679)