



NATIONAL HEALTH THROUGH FITNESS DAY

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

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And much more!



Income SHOULD NOT be a barrier to activity

60%

of parents worry their spending on youth sports will impact their ability to save and invest for the future."

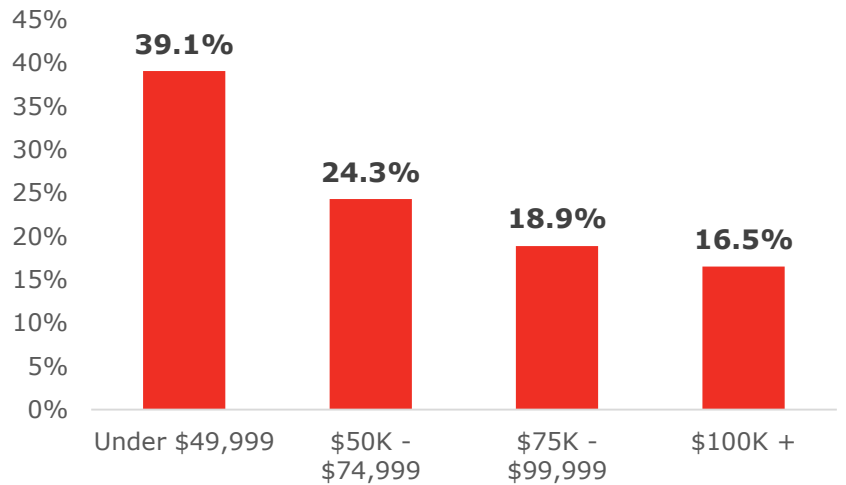
USA TODAY, 2017

Parents spend, on average, **\$693**

per child, per season on youth sports."

Aspen Institute, 2019

Inactivity Rates by Household Income 2019



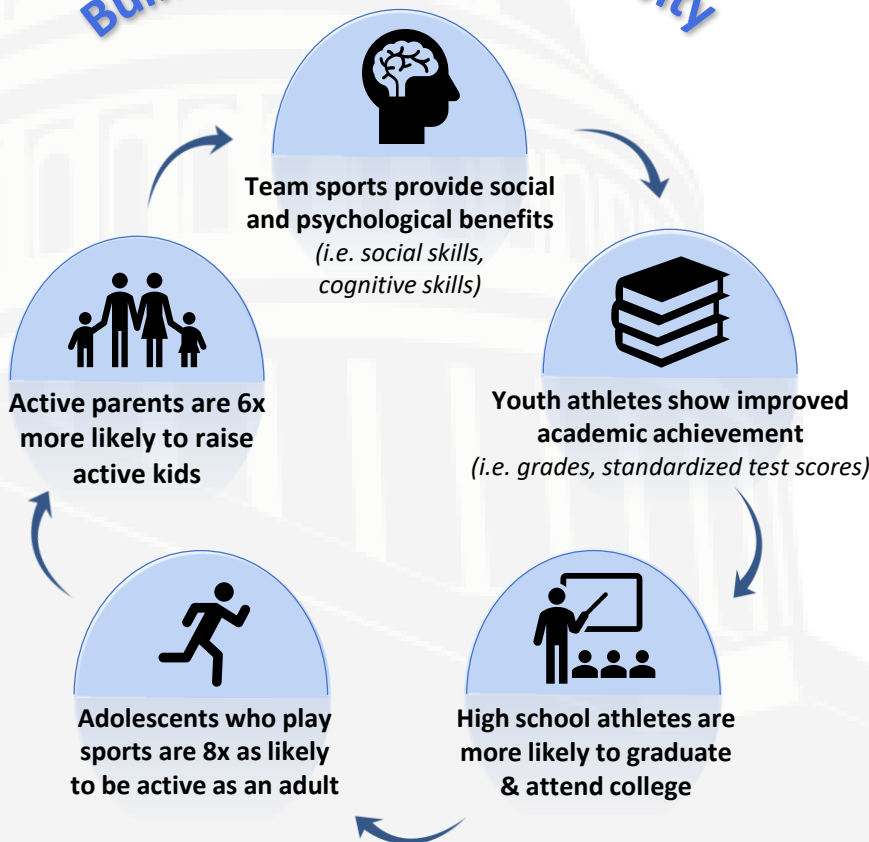
SFIA, 2020

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

\$57,000

is the average *household* income of HSA account holders

Building a Culture of Activity



PHIT

will lower the cost of activity for *all Americans*