

THE PHIT ACT

(Personal Health Investment Today)



WHAT THE PHIT ACT COVERS

Allows you to use pre-tax medical account dollars to pay for sports and fitness expenses.



For the sports and fitness industry, this includes youth & adult sports league fees, gym & health club membership dues, exercise classes, personal trainers, and sports & fitness equipment. Other eligible expenses are youth camps, pay to play school sports fees, tournament & race entry registration, and required uniforms.



WHAT IS NOT COVERED

Hunting and fishing equipment (fishing poles or guns) are not covered; as well as clothing and footwear that are not exclusively used for fitness or sports. This includes running shoes, jackets, yoga pants or anything that is not intended for the "sole purpose" of a physical activity.



PHIT ACT Specifics

BY THE

NUMBERS

\$2,000

Annual cap for families or couples filing jointly

\$250

Cap on each pre-tax item/fitness-related purchase

\$1,000

Annual individual cap for pre-tax dollars toward physical activity expenses

\$2.5 B

Projected cost of PHIT Act over 10 years (Congressional Joint Committee on Taxation)

\$3.20

The reduction in future medical expenditures for every dollar Americans invest in physical activity (World Health Organization)

321 M

U.S. Population
www.census.gov

82.7 M

Number of Americans (6+ y/o) who are completely inactive
physicalactivitycouncil.com

PHIT TIMELINE

2005

SFIA isolates time and money as main barriers to physical activity. Extended daylight savings in a few states helps provide more daylight hours for outdoor activity.

2007

PHIT Act introduced to U.S. House of Representatives.

2009

PHIT Act gains support from co-sponsors in Congress.

2011

Modified slightly and refined.

2014

PHIT Act support doubles from 25-50 House Representatives.

2015

PHIT Act is introduced in the House of Representative and Senate.

March 2016

Support for PHIT is at its highest with 54 co-sponsors in the House and 9 co-sponsors in the Senate, evenly split between Republicans and Democrats.

April 2016

PHIT Act co-sponsors reach 74 in the House and 11 in the Senate.

July 2016 - Dec. 2016

Time frame to position PHIT Act as a bipartisan solution to America's inactivity epidemic.

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