

Why Congress Should Pass PHIT Right Now ...and Why You Should Care

THE PHIT ACT: THE PERSONAL HEALTH INVESTMENT TODAY ACT

Sedentary lifestyles threaten our health, economic strength, and national security. PHIT would get America moving.

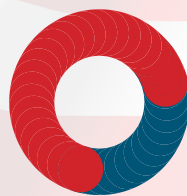
Exercise saves \$\$\$ in healthcare spending



Families would save **20-30%** on yearly physical activity costs.



PHIT would cost only **1/10th of 1%** of the annual federal budget over 10 years.



7 in 10 voters want their Member of Congress to support PHIT.



152

bipartisan sponsors in Congress

Families could use up to **\$2,000 of HSAs or FSAs** for physical activity expenses...

PHIT would help families afford activities and equipment, such as:



Health club fees & services



Recreational sports fees & equipment



Competition fees



Active transportation



Fitness classes



Martial arts & yoga

More **affordable exercise = more physically active**, happier, healthier, more prosperous Americans.

...making recreational sports and health club memberships **more affordable**.

PHIT would NOT cover:

- Golf
- Sailing
- horseback riding expenses
- footwear and apparel that can be utilized outside of sport/exercise (e.g. sneakers or yoga pants)



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