WHY CONGRESS NEEDS TO PASS PHIT RIGHT NOW

THE PHIT ACT: LEARN MORE AT IHRSA.ORG/PHIT

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

PHIT has bipartisan support in Congress

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

...making youth sports and health club memberships more affordable.

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

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

- health club fees and services
- competition fees
- fitness classes
- sports fees and equipment
- active transportation
- martial arts and yoga

EXERCISE SAVES $$$ IN HEALTHCARE SPENDING

20-30%
What families would save on yearly physical activity costs.

1/1,000th of 1%
What PHIT would cost the annual federal budget over 10 years.

7 in 10
Voters who want their member of Congress to support PHIT.

International Health, Racquet & Sportsclub Association
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