



## Cosponsor the PHIT Act Personal Health Investment Today (PHIT) Act S. 844, H.R. 3109

PHIT promotes physical health by allowing the use of pre-tax medical funds to pay for qualified fitness and sports expenses of up to \$1,000 per year for individuals or \$2,000 for heads of household



## PHIT ACT benefits will help individuals and families overcome financial barriers to active lifestyles

### The PHIT Act Covers:

Youth & Adult Sports  
League Fees

Pay-to-Play Sports Fees

Youth Camps

Lessons & Clinics

Exercise & Yoga Classes

Tournament Fees

Personal Trainers

Gym & Health Club  
Membership Dues

Sports & Fitness Equipment

Home Fitness

Hiking, Climbing, Biking & Kayaking

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Join **Congressmen** Ron Kind (Jill O'Brien) & Mike Kelly (Kevin Dawson) & **Senators** John Thune (Danielle Janowski) & Chris Murphy (Elizabeth Darnall) in promoting healthy, active lifestyles.

**And much more!**



The CDC recommends that “healthy adults should participate in moderate intensity aerobic physical activity for a minimum of 30 minutes a day, five days per week, or vigorous intensity aerobic activity for a minimum of 15 minutes a day, five days per week.”



### BENEFITS OF SPORT

- ❑ Improved physical & mental health
- ❑ Reduced risk of chronic disease
- ❑ Stronger cognitive skills
- ❑ Higher test scores & attendance
- ❑ Higher self esteem
- ❑ Leadership & teamwork
- ❑ Improved social skills
- ❑ Lower medical costs

Source: The Aspen Institute

“**90%**  
Of America’s  
**\$3.3 trillion**  
In annual healthcare  
expenditures are for people with  
chronic & mental health  
conditions.”



**70 MILLION**  
Americans have access to HSAs/FSAs

**\$68,000**  
is the average household income  
of HSA account holders

**72%** of parents believe inability to play sports has caused their children stress or anxiety.

**50%** decline in interest in sports participation among children in 2020

“The psychological and physical benefits of exercise can help improve mood and reduce anxiety”

- [Mayo Clinic](#)



**PHIT**

will lower the cost  
of activity in  
America