



# 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                  |

## CONTACT:

Bill Sells  
bsells@sfia.org

301.495.6321

www.sfia.org  
@TheSFIA

**And much more!**

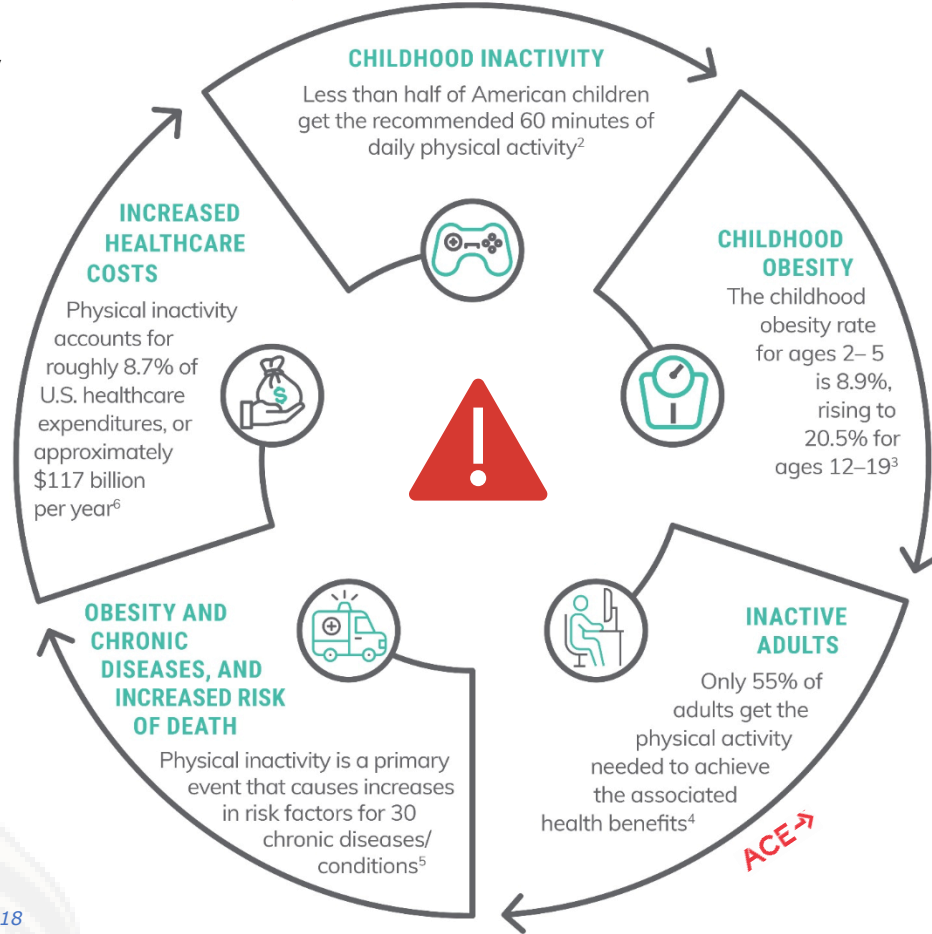


# “60%

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

*USA TODAY, 2017*

## The Cycle of Inactivity



# “Parents spend, on average,

# \$671

per year on youth sports. And more than

# 20%

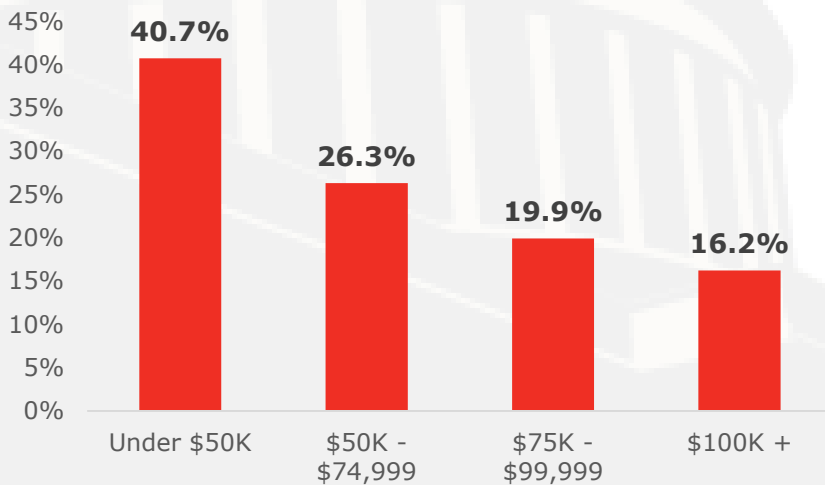
of parents spend more than

# \$1,000

on sports every year, for each child.”

*National Council on Youth Sports, 2018*

### Inactivity Rates by Household Income 2018



*SFIA, 2019*

**Income SHOULD NOT be a barrier to activity**

**Nearly half of the population making under \$50,000 per year are INACTIVE.**

**\$57,000 - average household income of HSA account holders**

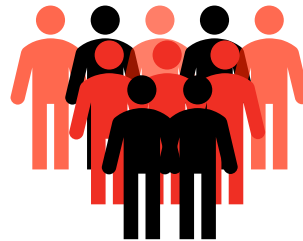


## THE EFFECTS OF A PHYSICALLY INACTIVE AMERICAN CULTURE

### THE CURRENT ISSUE AT HAND

**6 IN 10**

Adults in the U.S. have a chronic disease.



**4 IN 10**

Have **TWO** or more...

A LEADING CAUSE OF CHRONIC DISEASE?

**PHYSICAL INACTIVITY**



**90%**

of America's

**\$3.3 trillion**

in annual healthcare expenditures are for people with chronic and mental health conditions.



-CDC, 2019

“Increasingly, researchers are learning that regular exercise and good nutrition are critical to sustained good health. In fact, estimates are that some 300,000 deaths each year in the U.S. likely are the results of physical inactivity and poor eating habits. These deaths range across a number of diseases, from heart disease and stroke to colon cancer and diabetes.”

-CDC on Physical Inactivity, 2017



# Inactivity is worse for your health than smoking

-Cleveland Clinic, 2019

## ECONOMIC & HEALTHCARE IMPACT OF INACTIVITY

Treating obesity-related illnesses has a dramatic economic impact on our country

- 8 out of the 10 most expensive chronic diseases are more frequent in an inactive population. This costs America **\$1.45 trillion** annually, in direct medical costs and loss productivity. (*Health Payer Intelligence, July 2017*)

Health expenditures to increase by **5.5%** annually through 2027

-Centers for Medicare & Medicaid Services, 2019

# \$264 BILLION



Inadequate levels of physical activity are associated with **\$117 billion** in annual health care costs

In addition, the United States spends **\$147 billion** on healthcare related to obesity

(*Health Payer Intelligence, July 2017*)

### TOP 10 MOST EXPENSIVE MEDICAL CONDITIONS

1	<b>\$317 billion</b>	<b>Cardiovascular Diseases</b>
2	\$300 billion	Smoking-Related Health Issues*
3	<b>\$264 billion</b>	<b>Obesity/Inactivity</b>
4	\$249 billion	Alcohol-Related Health Issues
5	<b>\$245 billion</b>	<b>Diabetes</b>
6	<b>\$236 billion</b>	<b>Alzheimer's</b>
7	<b>\$171 billion</b>	<b>Cancer</b>
8	<b>\$128 billion</b>	<b>Arthritis</b>
9	<b>\$56 billion</b>	<b>Asthma</b>
10	<b>\$33 billion</b>	<b>Stroke</b>

\*Fewer active people smoke

### THE SOLUTION

Improving health through increased activity

### CHANGE IS NEEDED TO REINFORCE MORE ACTIVE LIFESTYLES

Cosponsor the PHIT Act (S. 680, H.R. 1679) to promote healthy behavior through **increased physical activity.**

**Cardiovascular Disease and Obesity/Inactivity ALONE cost America \$581 BILLION PER YEAR.**