



Personal Health Investment Today (PHIT) Act

S.482/H.R.1267

HELP LOWER FINANCIAL BARRIERS TO ACTIVE LIFESTYLES FOR MILLIONS OF AMERICANS

Physical activity today comes with a hefty price tag. Nearly 38 percent of parents cite cost as a barrier to their children participating in physical activity.¹ PHIT can help lower the cost barrier to activity by allowing individuals to use their Flexible Spending Accounts (FSAs) and Health Savings Accounts (HSAs) to promote healthy behavior.

What does PHIT cover?

- ✓ Pay-to-play school sports fees
- ✓ Group exercise classes
- ✓ Dance classes
- ✓ Swimming lessons
- ✓ Personal trainers
- ✓ Youth & adult sports league fees
- ✓ Sports & fitness equipment
- ✓ Gym & health club membership dues
- ✓ Yoga classes
- ✓ Martial arts classes
- ✓ And more!



¹www.ncbi.nlm.nih.gov/pmc/articles/PMC3091555/table/T2/



“By 2020 75 million Americans will have HSA/FSA accounts.”

Based on research collected from the
EMPLOYEE BENEFITS RESEARCH INSTITUTE, FLEXIBLEBENEFIT.COM

SUPPORT THE PHIT ACT

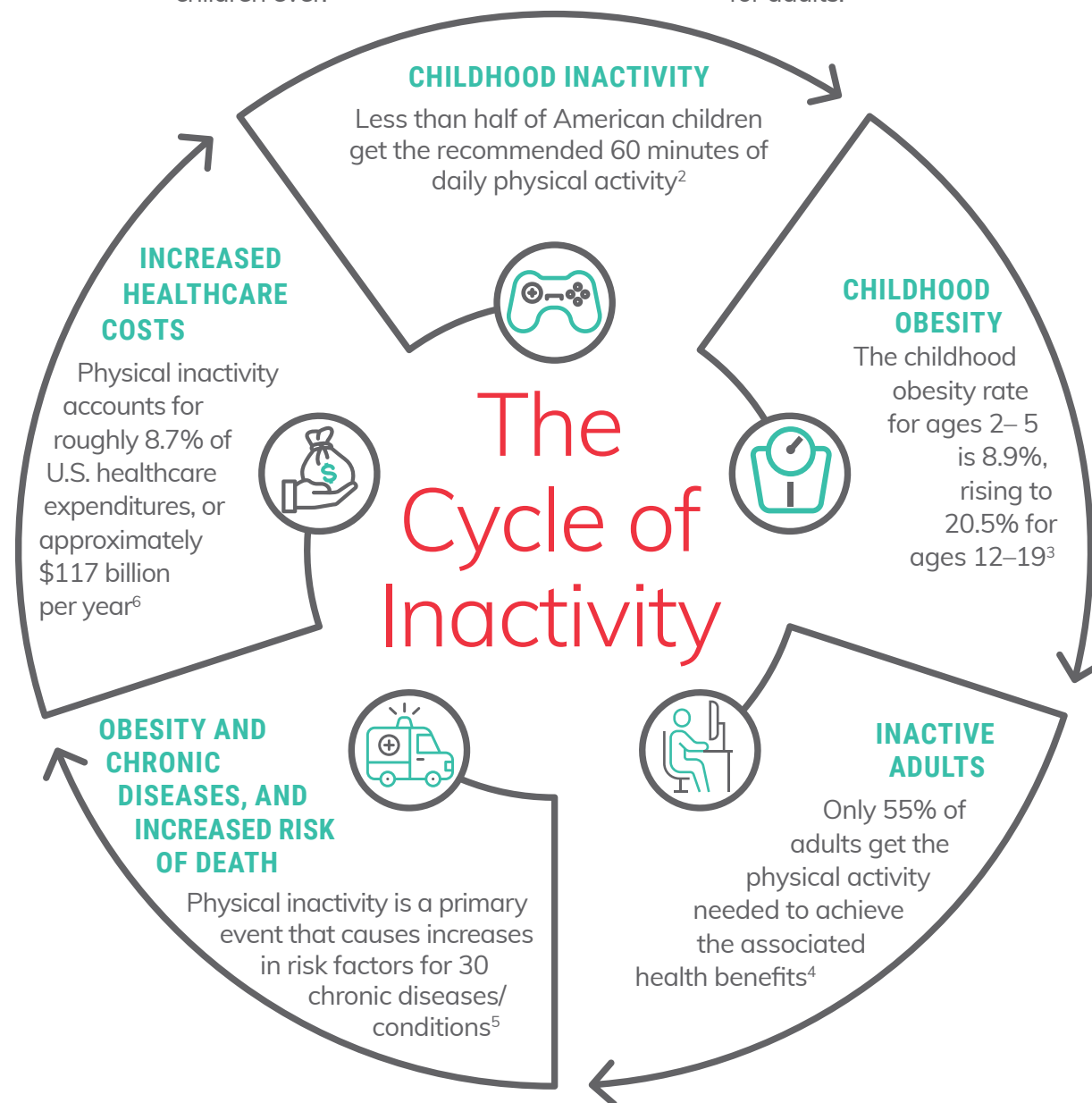
Senators **John Thune** (R-SD, Staff - Jane Lucas) and **Chris Murphy** (D-CT, Staff - Joe Dunn) are leading the effort in the Senate. Congressmen **Jason Smith** (R-MO-8, Staff - Andrew Gradison) and **Ron Kind** (D-WI-3, Staff - Elizabeth Stower) are leading the effort in the House.

CONTACT:

Sheila Franklin
Sheila.Franklin@ACEfitness.org
o. 858.380.3830
c. 202.669.9953
ACEfitness.org
@ACEadvocacy

Why PHIT?

1. PHIT can help promote healthy, active lifestyles that can prevent illness.
2. Cultural change starts with youth, and the U.S. has the least active generation of children ever.
3. PHIT can help make youth activity costs more affordable for parents.
4. PHIT can help lower the cost of fitness and other physical activity program expenses for adults.
5. Active parents are six times more likely to have active kids.



^{2,3} The State of Obesity (2017). *The State of Obesity: Better Policies for a Healthier America*. <https://stateofobesity.org/files/stateofobesity2017.pdf>

⁴ The State of Obesity (2016). *The State of Obesity: Better Policies for a Healthier America*. <https://stateofobesity.org/files/stateofobesity2016.pdf>

⁵ Booth, F. W., Roberts, C. K., & Laye, M. J. (2012). Lack of exercise is a major

cause of chronic diseases. *Comprehensive Physiology*, 2(2), 1143–1211. <http://doi.org/10.1002/cphy.c110025>

⁶ Carlson, Susan A., Fulton, Janet E., Pratt, Michael, Yang, Zhou, Adams, E. Kathleen. (2015). Inadequate Physical Activity and Health Care Expenditures in the United States. *Progress in Cardiovascular Diseases*, 57(4), 315–323. [www.onlinepcd.com/article/S0033-0620\(14\)00123-6/fulltext](http://www.onlinepcd.com/article/S0033-0620(14)00123-6/fulltext)