

# PHIT Act



Personal

Health

Investment

TODAY

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## What is the PHIT Act?

The PHIT Act will allow Pre-Tax Medical Accounts, also known as Flexible Spending Accounts (FSAs) and Health Savings Accounts (HSAs), to reimburse costs associated with physical activity expenses, up to \$2,000\*. That is a projected savings of 20-30% on fitness related costs.



## PHIT Act has strong bipartisan support

thanks in large part to Senators Chris Murphy (D-CT) and John Thune (R-SD) who reintroduced the bill in the Senate (S.680) and Congressmen Ron Kind (D-WI) and Mike Kelly (R-PA) who reintroduced the bill in the House (H.R. 1679) in March 2019.



\*\$2,000 return for head of household or joint return

## What does the PHIT Act cover?



- Youth & adult sports league fees
- Health club membership dues
- Exercise classes & personal trainers
- Sports & fitness equipment
- Youth camps
- Pay-to-play school sports fees
- Organized running event registration fees
- Martial arts
- Gymnastics & more!



- Golf
- Horse back riding
- Sailing
- Items that can be used outside sports/exercise (ex: sneakers, yoga pants)

# The passage of the PHIT Act

will make a healthy lifestyle attainable for millions of Americans, increasing the physical activity rate for children and adults and building positive lifelong habits.



IMPACT OF THE  
INACTIVITY PANDEMIC

**67%**

OF CHILDREN ARE NOT ACTIVE TO  
HEALTHY LEVELS



BENEFITS OF  
PHYSICAL ACTIVITY

**28%**

OF AMERICANS ARE SEDENTARY  
AND THAT NUMBER IS GROWING



BENEFITS OF  
PHYSICAL EDUCATION

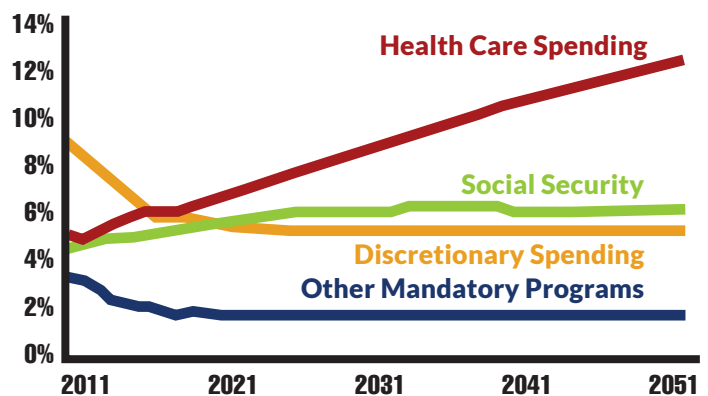
**48%**

OF HIGH SCHOOL STUDENTS  
HAVE NO PHYSICAL EDUCATION

Source: [www.phitamerica.org](http://www.phitamerica.org)

## Annual health care costs are increasing exponentially

the PHIT Act legislation will work to lower health care spending by allowing more individuals to lead healthy and fit lifestyles, thus reducing health care spending.



Source: <http://www.phitamerica.org/Legislation.htm>

## Help Spread The Word

The PHIT Act is a widely accepted piece of legislation with support from both sides of the aisle.

- 1.** Contact your local Member of Congress (<https://www.govtrack.us/congress/members>).
- 2.** Email, call or write your local representative explaining the importance of the PHIT Act and encourage their support of the legislation.
- 3.** Participate with the PHIT Act campaign on social media by using the hashtag #PHITAct to spread awareness among your local community.
- 4.** Spread the word to friends and family and encourage them to do the same.