

Why Congress Should Pass PHIT Right Now ...and Why You Should Care

THE PHIT ACT: THE PERSONAL HEALTH INVESTMENT TODAY ACT

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

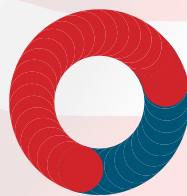
Exercise saves \$\$\$ in healthcare spending



Families would save **20-30%** on yearly physical activity costs.



PHIT would cost only **1/1000th of 1%** of the annual federal budget over 10 years.



7 in 10 voters want their Member of Congress to support PHIT.

118

**bipartisan
sponsors in
Congress**

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



Health club fees
& services



Recreational
sports fees &
equipment



Competition
fees



Active
transportation



Fitness
classes



Martial arts
& yoga

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

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

...making recreational
sports and health club
memberships **more
affordable**.



International Health, Racquet & Sportsclub Association
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