

WHY CONGRESS NEEDS TO PASS PHIT RIGHT NOW

THE PHIT ACT: LEARN MORE AT IHRSA.ORG/PHIT



**EXERCISE SAVES \$\$\$
IN HEALTHCARE
SPENDING**



20-30%

What families would save on yearly physical activity costs.



1/1,000th of 1%

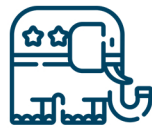
What PHIT would cost the annual federal budget over 10 years.



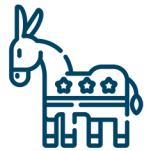
7 in 10

Voters who want their member of Congress to support PHIT.

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



PHIT has bipartisan support in Congress



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

... making youth sports and health club memberships more affordable.

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

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



health club fees and services



competition fees



fitness classes



sports fees and equipment



active transportation



martial arts and yoga