

July 20, 2018

The Honorable Paul Ryan  
Speaker of the House  
H-232 Capitol  
Washington, DC 20515

The Honorable Nancy Pelosi  
Minority Leader  
H-204 Capitol  
Washington, DC 20515

Dear Speaker Ryan and Minority Leader Pelosi:

We, the undersigned organizations, write to express our support for the Personal Health Investment Today (PHIT) Act currently being considered within Health Savings Account (HSA) reform legislation.

In America today, nearly one-third of its citizens are classified as being obese. This diagnosis brings with it an increased likelihood of developing life-threatening diseases such as diabetes, heart disease and some forms of cancer. Studies by the Department of Health and Human Services indicate that 68 percent of adults and 16.9 percent of children of the United States are obese or overweight and the Centers for Disease Control and Prevention (CDC) indicate that poor diet and physical inactivity cause over 400,000 deaths each year.

In addition, with the U.S. healthcare system facing rising costs, we need solutions that reduce spending to help keep the system on a more sustainable path. The easiest way to lower healthcare costs is to invest in prevention and to put public policy measures in place that promote sustainable participation in fitness, health and wellness activities.

The PHIT Act would allow Americans to use their HSAs to pay for healthy lifestyle activities like membership at a fitness facility, participation or instruction in a program of physical exercise or physical activity, and safety equipment used in a program (including a self-directed program) of physical exercise or physical activity.

While there is language in the bill that limits PHIT's impact on activity which needs to be addressed, we believe that it is important to keep the momentum going. We encourage Congress to pursue opportunities to modify the PHIT language during the legislative process and pass the PHIT Act in the House.

The PHIT Act provides Americans with the ability to invest in active, healthy activities that promote improved health and we support its passage in the House of Representatives.

Sincerely,

Academy of Brain Health Performance  
Academy of Nutrition and Dietetics  
Active Wellness  
Advocates for Better Children's Diets  
America Walks  
American Academy of Pediatrics  
American Association of Orthopaedic Surgeons  
American College of Lifestyle Medicine  
American College of Preventive Medicine  
American College of Sports Medicine  
American Council On Exercise  
American Heart Association  
American Institute for Cancer Research  
American KinesioTherapy Association  
American Medical Society for Sports Medicine  
American Orthopaedic Society for Sports Medicine  
American Physical Therapy Association  
American Society of Landscape Architects  
Aquatic Therapy and Rehabilitation Institute  
Association of Corporate Health Risk Management  
Athletic Business  
Black Iron Strength  
Boys and Girls Clubs of America  
Brunswick  
Club Industry  
Collegiate and Professional Sports Dietitians Association  
Cooper Healthcare Strategies  
Fitness Law Academy  
Health Resources in Action, Inc.  
Healthy Weight Partnership Inc.  
International Association for Worksite Health Promotion  
International Health, Racquet & Sportsclub Association  
Life Fitness

Lifestyle Medicine Education Collaborative  
Medical Fitness Association  
MicroFit  
MidTown Health  
National Association for Health and Fitness  
National Association of Chronic Disease Directors  
National Association of County and City Health Officials  
National Association of Pediatric Nurse Practitioners  
National Athletic Trainers Association  
National Coalition for Promoting Physical Activity  
National Council for Youth Sports  
National Council on Strength and Fitness  
National Recreation and Park Association  
National Sporting Goods Association  
National Strength and Conditioning Association  
National Swimming Pool Foundation  
National Youth Sports Health & Safety Institute  
NIKE, Inc.  
NIRSA: Leaders in Collegiate Recreation  
Ohlson Lavoie Collaborative  
Outdoor Industry Association  
Pop Warner  
Sports and Fitness Industry Association  
The Collegiate and Professional Sports Dietitians Association  
The Cooper Institute  
The League of American Bicyclists  
US Lacrosse  
USA Baseball  
Vector Wellness  
Wellcoaches Corporation  
Welld Health  
Women in Fitness Association

cc: Chairman Kevin Brady  
Ranking Member Richard Neal