

Social Media Posts

Suggested messaging for you to share to spread the word and #PassPHIT

Beat inactivity & #PassPHIT! www.acefitness.org/passphit

Use Image: The Cycle of Inactivity

We want Americans happier & healthier. Contact your local Congressman to #PassPHIT.
www.acefitness.org/passphit

Use Image: PHIT Health Impact

The cost of physical activity is a big barrier to better health. Reduce this cost #PassPHIT.
www.acefitness.org/passphit

Use Image: PHIT by the Numbers

Make physical activity affordable and accessible. #PassPHIT www.acefitness.org/passphit

Use Image: PHIT by the Numbers

Let's remove barriers to physical activity & support #PHITAct! #PassPHIT www.acefitness.org/passphit

Use Image: 3 Reasons to Pass PHIT

Make healthy habits a part of your lifestyle – and save money. #PassPHIT www.acefitness.org/passphit

Use Image: PHIT Infographic

The cost of physical activity is a big barrier to health. Reduce this cost and #PassPHIT.
www.acefitness.org/passphit

Use Image: PHIT by the Numbers

81.6MM Americans are inactive. #PHITAct can help them get moving. #PassPHIT
www.acefitness.org/passphit

Use Image: The Cycle of Inactivity

Lowering the cost of physical activity promotes healthy lives. Contact your local Congressman & have your voice heard! #PassPHIT www.acefitness.org/passphit

Use Image: PHIT Infographic

Help us cross the finish line & #PassPHIT - reach out to your Congressperson today!
www.acefitness.org/passphit

Use Image: 3 Reasons to Pass PHIT

Lower physical activity costs to promote healthy lifestyles. #PassPHIT www.acefitness.org/passphit

Use Image: PHIT by the Numbers

Newsletter Messaging

Suggested content for you to share in your newsletter or email correspondences

Staying healthy and active can be a struggle for many Americans to afford, contributing to sedentary lifestyles, obesity and related diseases. The good news is, there are solutions to easing these financial burdens to help us get and stay active. Look at how one solution that could make an impact on the health of our nation, and help us [pass PHIT](#).

Link to: <http://bit.ly/2ABYL6R>

Let's grow PHIT families! The PHIT Act would allow Americans to use pre-tax medical accounts to pay for physical activity expenses, which would help families reduce financial barriers to active lifestyles. Fees for youth and adult sports leagues, swimming lessons, group exercise classes and more would all be eligible, encouraging families to become and stay more active. Help us [pass PHIT](#)!

Link to: <http://bit.ly/2icfNMh>

Physically inactive children are 2 times as likely to be obese as adults, but youth sports are cost prohibitive for many families - costing an average of \$381 per year. So, how can we make sure our children have a healthy, happy future? The PHIT Act can help make these youth sports more affordable - and get kids moving. Contact your Congressperson and help us [pass PHIT](#) today!

Link to: <http://bit.ly/2B9unj1>