



May 16, 2022

The Honorable Nancy Pelosi
Speaker of the House
Room H-305, The Capitol
Washington, DC 20515

The Honorable Chuck Schumer
Majority Leader
Room S-221, The Capitol
Washington, DC 20510

The Honorable Mitch McConnell
Republican Leader
Room S-230, The Capitol
Washington, DC 20510

The Honorable Kevin McCarthy
Republican Leader
Room H-204, The Capitol
Washington, DC 20515

Dear Speaker Pelosi, Majority Leader Schumer, Republican Leader McConnell and Republican Leader McCarthy:

Thank you for your tireless efforts aimed at helping Americans recover from COVID-19. As community leaders and stewards of the game, we come together collectively concerned about the pandemic's effects on our youth's physical and mental health.

Across the country, pediatric specialists are sounding the alarm about the rise in adolescent depression, anxiety, and suicide. Obesity rates among children between the ages of 2 to 17 also have increased prompting long-term physiological concerns.¹ In working with parents, educators, and coaches, we know firsthand the vital role that sports play in brain, social, and physical development.

It is for these reasons that we ask S. 844 and H.R. 3109, the bipartisan *Personal Health Investment Today* ("PHIT") Act, be included in any moving legislative vehicle. The PHIT Act lessens the cost for families who want their children involved with youth sports and other physical activities. Equally important, the PHIT Act encourages exercise and healthy lifestyles for generations to come.

Currently, over 96 million Americans have access to health benefit accounts.² Yet, the accounts do not recognize exercise as a form of preventative health care. Medical experts agree that financial barriers such as school "pay-to-play" costs, fitness center dues, outdoor recreation fees and other expenses, serve as a hinderance to physical activity. The PHIT Act removes these

¹ *Pediatrics: Research Brief*, "COVID-19 and Changes in Child Obesity." May 2021. Vol. 147, Issue 5
<https://pediatrics.aappublications.org/content/147/5/e2021050123>

² <https://aitegroup.com/report/health-benefit-accounts-market-forecast-hsas-leading-way>

barriers by allowing a portion of such funds to be used for qualified physical activity expenses – a much needed update to encouraging *and* improving mental and physical health.

As the undersigned sports organizations, we have a responsibility to lead in new contexts and this is one of those moments. We look forward to working with you as it relates to our children’s well-being, especially as it relates to the PHIT Act and recognizing physical fitness as a form of preventative care. Thank you for your consideration.

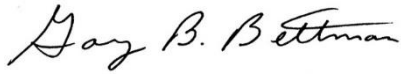
Sincerely,



National Football League
Roger Goodell
Commissioner



Major League Baseball
Robert D. Manfred, Jr.
Commissioner



National Hockey League
Gary B. Bettman
Commissioner



National Basketball Association
Adam Silver
Commissioner