Date

The Honorable (full name)  
U.S. House of Representatives  
Washington, D.C. 20515

Dear Representative (last name):

As a constituent, I urge you to support the PHIT Act. This legislation is of interest to me because I am a (parent, coach, recreation league administrator, etc.). This issue directly impacts (my child, my profession, etc.). Sports and physical activity are important to maintaining a healthy lifestyle. An active lifestyle is key to reducing healthcare cost. However, cost is often a barrier to active lifestyles. The PHIT Act will help overcome barriers to increasing children’s participation in sports.

Passage of the PHIT Act will help youth sports participants become more active. This is important because:

* Sports helps young people improve self-esteem, leadership and goal-setting
* Active youth have reduced risk for obesity and cardiovascular disease
* Organized sports help young athletes improve cognitive skills
* High school athletes are more likely to go to college
* Youth athletes are less likely than non-athletes to smoke cigarettes
* Active children are more likely to become active adults

Wellness is one of the most important issues of our time. It also has a huge impact on future generations. I would like to see the PHIT Act passed. I will look forward to your reply stating your current stance on the issue. Thank you for your consideration.

Sincerely,

Your name,  
Address  
Phone Number  
Email Address