

Making Fitness affordable & Accessible for Michiganders

Eliminating Barriers to Physical Activity
Through Tax Credits for Health Club
Memberships



The Challenge

Physical inactivity is a major driver of preventable disease and early mortality. Access to fitness opportunities plays a critical role in helping residents stay active, yet cost remains a significant barrier for many Michiganders.

- Individuals who belong to health and fitness facilities are **56% more likely to meet WHO physical activity guidelines** than non-members.
- In Michigan, **34% of adults** and **16% of high school students** are classified as obese.
- In 2021, almost **one-third of Michigan deaths** were attributed to heart disease, stroke, diabetes, or kidney disease—conditions closely linked to physical inactivity and obesity.

House Bill 5256 (Rep. Tisdell)

- This legislation would allow all tax payers to deduct the cost of certain physical facility services from their taxable income beginning on or after January 2026.
- This bill would give a credit up to \$1,500 for individuals filing single.
- And would give a credit up to \$3,000 for those who are filing jointly.
- Examples: Gym, Fitness, Personal Training or Health Clubs.

Why Tax Credits Work

Recognize Physical Activity as Preventive Healthcare

Regular exercise is one of the most effective tools for preventing chronic disease. Treating physical activity like other preventive health measures incentivizes healthier habits and reduces reliance on medical interventions.

Build Stronger, Healthier Communities

Access to fitness facilities enhances physical health, supports mental well-being, and creates social connections. Encouraging participation strengthens community resilience and improves quality of life across the state.

Reduce Long-Term Healthcare Costs

By increasing physical activity rates, Michigan can significantly reduce the prevalence of chronic illnesses, cut future healthcare spending, and boost workforce productivity. Even modest increases in routine exercise can yield substantial savings over time.

[1] https://www.who.int/health-topics/physical-activity#tab=tab_1

[1] <https://www.healthandfitness.org/about/media-center/press-releases/new-research-highlights-the-global-potential-of-affordable-fitness/>

[1] <https://www.michigan.gov/mdhhs/inside-mdhhs/newsroom/2023/10/04/span-grant#:~:text=In%20Michigan%2C%2034%25%20of%20adults,did%20not%20consume%20vegetables%20daily>.

[1] https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Doing-Business-with-MDHHS/State-Health-Assessment/MI-State-Health-Assessment-2021_Full-Report.pdf