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**FOR IMMEDIATE RELEASE**

**Missourians Rally To Support House Bill 223 And Promote A Preventative,  
Healthy And Fit Lifestyle**

*St. Louis, MO* – Local Fitness Expert Tim Chudy is rallying his clients and all Missourians to support House Bill 223. Missouri law currently requires all health and fitness businesses to collect sales tax. In addition there is no tax benefit to the average person being proactive with their health and fitness.

“Our Show-Me state doesn’t make it easy or affordable for people to adopt a healthy and fit lifestyle,” says Tim. The bill would authorize sales tax exemptions and income tax deductions for fitness memberships, services, and equipment. “Any tax savings will be helpful given the economic conditions we’re in. It’s time for Missouri to Show-Me the money!”

Today over 60% of the population is overweight. We’re eating more and exercising less. And it’s affecting our health. According to the Office of the Surgeon General, the obesity epidemic costs Americans over \$160 billion. Most of these costs are associated with type 2 diabetes, heart disease and hypertension. “A poor diet and lack of exercise are risk factors for these diseases and so many more. People should be taking a preventative approach with their health and fitness. Repealing the sales tax and offering tax incentives for Missourians will help promote that lifestyle”, says Chudy.

Chudy, who owns two personal training studios in St. Louis is calling on Missourians and asking for support. They can contact their State Representative and let them know of their support for House Bill 223. To locate your State Representative and get more information on this bill go to [www.ftstlouis.com/missouri](http://www.ftstlouis.com/missouri) or <http://www.house.mo.gov>.

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Note To Editor: Tim Chudy is available for candid and informative interviews on health and fitness. He can be reached directly at 314.369.4749.