

Mathematical modelling of fitness addiction: replacing men happiness and its economic influences.

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ABSTRACT

People try to replace their well being falling into addictions. Under forty years old males increase their gym practice in order to improve their body image for both, their personal self-esteem and their sexual appeal.

In this paper we develop a discreet population mathematical model forecasting the future bigorexia addicts in Spain in the next five years. Economic and psychological motivations are taken into account in order to quantify the dynamic behaviour of men gym users. Personal and social consequences of this addiction are studied and public health recommendations are suggested.

Keywords: addiction, bigorexia, men, gym, economic influences, public health.

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