Setting Variables in C

Variables in C can be initialized with values at their declaration or have their values set later in the code.

Data Types in C

The main data types in C are: `int`, `float`, `double`, and `char`.

Variable Casting in C

In C a variable can be cast explicitly or implicitly from one data type to another. They can then be used directly or stored in another variable.

C Variable Names

In C variable names must follow specific rules:

- Names can only be composed of upper and lower case letters, numbers, and underscores.

- The first character must be a letter (upper or lower case).

- No keywords are allowed as the full name (`int` is not allowed but `int_count` would work).