```
/*
   SQL variables start with either @ or @@.
   @ indicates a local variable, which is in effect in the current scope.
   @@ indicates a global variable, which is in effect for all scopes of the current connection.
*/
```

-- A simple example of WHILE Statement

```
/*
    We need to make sure we have a way to stop the WHILE loop.
    Otherwise, we'll have an endless WHILE loop which may run forever.
    We use the variable @counter in this example to determine
    when to terminate the WHILE loop in this example.
    We use CAST to convert an integer to character(s) so that we
    can concatenate the integer with other characters.
*/

DECLARE @counter INT;

SET @counter = 0;

WHILE @counter <> 5
    BEGIN
        SET @counter = @counter + 1;
        PRINT 'The counter : ' + CAST(@counter AS CHAR);
    END;
```