Profiler records the database transaction. We can save the work load and use it for analyse.

Click Profiler. Select Tuning template… select the database name. start profile…

Fire the SQL from workbench.

Goto Profiler. Now you can see the work load.

Save the result as trace file.

Run Tuning Advisor by selecting the trace file saved.

Then click analyse

The result will show do this (add index,) step to improve performance by 40%

<https://www.youtube.com/watch?v=AaPaIVI-yyI>