



)
)
INT(11)
active INT(11)
)

recfood_m
age_l INT(11)
age_h INT(11)
sedentary INT(11)
moderately active INT(11)
active INT(11)
Indexes

recexer_age
age INT(11)
low INT(11)
high INT(11)
message VARCHAR(100)
Indexes

ises
1)
RCHAR(45)
(11)
on VARCHAR(1000)
NGBLOB
RCHAR(500)
.CHAR(500)

rcisetypes
(11)
VARCHAR(45)

exermusc
exerID INT(11)
mus1 TINYINT(4)
mus2 TINYINT(4)
mus3 TINYINT(4)
mus4 TINYINT(4)
mus5 TINYINT(4)
mus6 TINYINT(4)
mus7 TINYINT(4)
mus8 TINYINT(4)
mus9 TINYINT(4)
mus10 TINYINT(4)
mus11 TINYINT(4)
link VARCHAR(500)
Indexes

muscles
id INT(11)
name VARCHAR(45)
Indexes

