**loops** are used to repeat a block of code multiple times. There are two main types of loops in Python:

1. for**loop**: Used to iterate over a sequence (like a list, string, or range).
2. while**loop**: Repeats as long as a condition is True.

**Example** -

fruits = ["apple", "banana", "cherry"]

for fruit in fruits:

print(fruit)

# Output:

# apple

# banana

# cherry

A screenshot of a computer

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while**Loop**

The while loop runs as long as a specified condition is True.

**Example :**

**count = 1**

**while count <= 5:**

**print(count)**

**count += 1 # Increment count**

**# Output:**

**# 1**

**# 2**

**# 3**

**# 4**

**# 5**

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