```
Loops are tools that we can use to save time

while(x <4):
        print(x)
        x = x+1
```

How to use "break" statement" in For Loop

```
x=0
#define a while loop
#    while(x <4):
#        print x
#        x = x+1

#Define a for loop
for x in range(2,7):
        print(x)

Months = ["Jan","Feb","Mar","April","May","June"]
for m in Months:
        print(m)

#use a for loop over a collection
    #Months = ["Jan","Feb","Mar","April","May","June"]
    #for m in Months:
        #print m

# use the break and continue statements
for x in range (10,20):
            if (x == 15): break
            #if (x % 2 == 0) : continue
            print(x)
```

Output
```
10
11
12
13
14
```

How to use "continue statement" in For Loop

```
#use a for loop over a collection
    #Months = ["Jan","Feb","Mar","April","May","June"]
    #for m in Months:
        #print m
```

```
# use the break and continue statements
for x in range (10,20):
                #if (x == 15): break
                if (x % 5 == 0) : continue
                print(x)
```

Output
```
11
12
13
14
16
17
18
19
```

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What is enumerate() in Python?

```
#use a for loop over a collection
Months = ["Jan","Feb","Mar","April","May","June"]
for i, m in enumerate (Months):
          print(i,m)

# use the break and continue statements

          #for x in range (10,20):
          #if (x == 15): break
          #if (x % 5 == 0) : continue
          #print x
```

```
0 Jan
1 Feb
2 Mar
3 April
4 May
5 June
```

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