

# Loops

for

```
for element in list:  
    print(element)
```

A for Loop allows you to iterate through  
the elements of a Iterable (e.g. a List)

Changing the Iterable as part of the  
Loop is NOT recommended

Use break to exit the Loop before it's finished

Use continue to skip an Iteration

while

```
while True:  
    print('Infinity!')
```

A while Loop allows you to repeat code  
as long as ist condition is True.

Make sure to provide an exit condition,  
otherwise CTRL + Z has to be used