Concept: Loops

Loops allow repeated execution of a block of code. Python provides 'for' and 'while' loops.

A for loop iterates over a sequence like a list, tuple, or string. A while loop continues as long as a condition is true.

Use 'break' to exit a loop early, and 'continue' to skip an iteration.

Avoid infinite loops by ensuring conditions eventually become false.

Looping is key for tasks like processing data, reading files, and repeated calculations.

```python
for i in range(5):
    print('Iteration', i)


count = 0
while count < 3:
    print('Count:', count)
    count += 1
```