## break and continue statements:

We use break statement to get out of loop or switch, it is not recommended to use break in loops.

For example:

We use continue to cause the loop to immediately jump to the next

iteration, for example

```
int i = 1;

while(i <= 7)
{
    if (i == 5)
    {
        i++;
        continue;
    }

    System.out.println(i);
    i++;
}</pre>
```

```
When i equals to 5, it will jump to next iteration, you have to be careful, you have to add 1 to i otherwise you will end up with infinite loop.
Output is
1
2
3
4
6
7
```