**Iteration**

We rarely do something only once. Therefore, programming languages provide convenient way of doing something several times. This is called repetition or – especially when you do something to a series of elements of a data structure – iteration

**while-statement**

**for-statement**

iterating over a sequence of numbers is so common that C, like most other programming languages, has a special syntax for it. A for-statement is like a while-statement except that the management of the control variable is concentrated at the top where is easy to and understand

some prefer use while-statement while others prefer for-statement. However, the for-statement yields more easily understood and more maintainable code.