# The While Loop

Moving forward, let's discuss how to write loops in JavaScript. This lesson will cover all the basic concepts related to while loops.

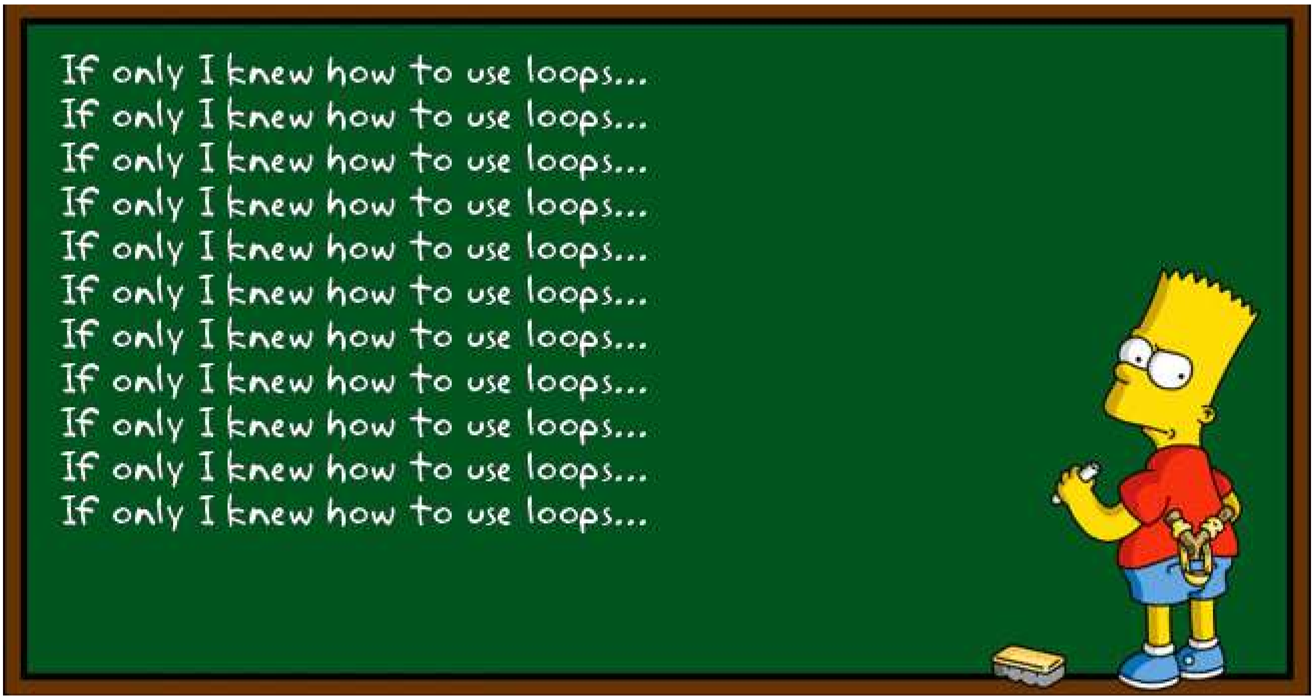
WE'LL COVER THE FOLLOWING

- The `While` Loop
  - Example
- How it works

If you wanted to write code that displayed numbers between 1 and 5, you could do it with what you've already learned:

```
console.log(1);
console.log(2);
console.log(3);
console.log(4);
console.log(5);
```

This is pretty tiresome though and would be much more complex for lists of numbers between 1 and 1000, for example. How can you accomplish the same thing more simply? JavaScript lets you write code inside a loop that executes repeatedly until it's told to stop. Each time the code runs, it's called an iteration.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## The `While` Loop

A `while` loop lets you repeat code while a certain condition is true.

### Example

Here's a sample program written with a `while` loop.

```
let number = 1;
while (number <= 5) {
  console.log(number);
  number++;
}
```

Just like the previous one, this code block shows all integer numbers between 1 and 5.

## How it works

You'll use the following syntax to write a while loop.

```
while (condition) {
  // Code to run while the condition is true
}
```

```
}
```

Before each loop iteration, the condition in parentheses is evaluated to determine whether it’s true or not. The code associated with a loop is called its *body*.

- If the condition’s value is `true`, the code in the `while` loop’s body runs. Afterwards, the condition is re-evaluated to see if it’s still true or not. The cycle continues!
- If the condition’s value is `false`, the code in the loop stops running or doesn’t run.

> The loop body must be placed within curly braces, except if it’s only one statement. For now, always use curly braces for your loops.