

Bullet points

- Loops are used to run the same code multiple times (iteration).
- There are three kinds of loop in Java: **while**, **do-while** and **for**.
- The loop body of a **do-while** is always executed at least one time.
- Choose **for** over **while**, **do-while** when you know how many times you want to repeat the loop code.

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- Choose **for** over **while**, **do-while** when you know how many times you want to repeat the loop code.
- Use **break** to leave a loop early.