Loops allow you to repeat a block of code multiple times.

```
1. for Loop with range()
for i in range(5):
  print(i) # 0 to 4
2. for Loop over a List
fruits = ["apple", "banana", "cherry"]
for fruit in fruits:
  print(fruit)
3. while Loop
count = 0
while count < 5:
  print(count)
  count += 1
4. Nested Loops
for i in range(3):
  for j in range(2):
     print(f"i=\{i\}, j=\{j\}")
```

5. Loop Control: break and continuefor i in range(10):

```
if i == 5:
  break # exit the loop
if i % 2 == 0:
  continue # skip even numbers
print(i)
```

Loops are essential for iteration and repeated operations.