```
#Example 1
a = 1 # This means that this is you starting point
while a <= 9: #Your condition and the stopping point for your loop
    print(a)
    a = a+1 # The increment or the gap/difference to each other in the loop.
#Example 2: Print the even numbers fom 1-100
a = 2
while a<=100:
    print(a)
    a = a+2
#Example 2: Print the odd numbers fom 1-100
a = 1
while a<100:
    print(a)
    a = a+2
```