

# Loops

allow repeated processes to occur.

many programming involves a continuously running loop that allows the program to "stay awake" waiting for a user interaction

loops allow the program to "iterate" through lists (such as questions in a quiz).

basic loop structures.

```
def run-a-loop():  
    count = 0  
    while count < 10:  
        print(count)  
        count += 1  
    return "out of loop"
```

```
my-value = run-a-loop()  
print(my-value)
```

↑  
please modify so  
user can set count value

```
def run-indefinite-loop():  
    run_loop = True  
    while run_loop == True:  
        answer = input("Do you want to go around again? yes/no")  
        if answer != "yes":  
            print("we are going to stop now")  
            run_loop = False  
        else:  
            print("round we go")  
    return "out of loop"
```

my-value = run-indefinite-loop()

modifies so it calls  
a validation on the  
user input.