A while loop is a way of repeating a block of code until a given condition is met. The while loop utilizes boolean also known a true false logic to create a control flow in a program. It is incredibly valuable in allowing a program to make decisions given certain conditions and it provides a programmer the ability to control repeated blocks of code in an efficient manner without having to always re write the same code over and over using just an if statement.

One of the problems that is very common and that causes bugs in programs is the ability for a while loop to become infinite. This means that the code will keep running due to the fact that it never is properly cued to break out of the coded loop. This causes many headaches and can in some cases crash computers causing a lot of additional work and frustrations.

There are two very common ways to prevent an infinite loop and to exit out of a while loop. One of these practices is known as a break statement. The break statement is very straight forward and when coded after a block of code within a while loop the program will exit the loop as if the condition given was false.

The other common way to prevent an infinite loop is to try and avoid setting the condition of the while loop to (true). The better practice is to provide a specific condition and to make sure to increment your code especially if the condition relies on a values of incremented variable numbers.

Here are two examples of infinite loops: