**Loops**

While-Loop

while (someConditionIsTrue) {

//A block of code.

}

Example:

let totalLaps = 0;

while (totalLaps < 10) {

console.log('Swim Another lap!');

totalLaps += 1;

}

For-Loop

for (initialization; condition; finalExpression) {

// A block of code.

}

for (let i = 0; i < 5; i += 1) {

// do something 5 times.

}

Difference between For-Loop and While-Loop

while-loop is used when you need to repeat something until a given condition is met.

for-loop is used when you need to iterate something a given number of times.