

# break and continue Statements

- `break` and `continue` alter the flow of control
- Should be used sparingly
  - Excessive numbers of exit conditions from a loop are difficult to keep track of

# break

- `break` is used for two purposes:
  - To exit early from a loop
    - Can eliminate the use of certain (flag) variables
  - To skip the remainder of the `switch` structure
- After the `break` statement executes, the program continues with the first statement after the loop or `switch`

# continue

- `continue` is used in `while`, `for`, and `do...while` structures
- Executed in the body of a loop
- Skips the remaining statements in the body
  - Continues with the next iteration of the loop