

# Is Hayden Panettiere Dating NFL Star Mark Sanchez?



Hayden Panettiere, who just ended her relationship with Ukrainian heavyweight champion Wladimir Klitschko, might be on the rebound with yet another professional athlete. Less than two weeks after the breakup, the *Scream 4* star was spotted having fun with New York Jets quarterback Mark Sanchez at an In-N-Out Burger in Laguna Hills, California. [UsMagazine.com](http://UsMagazine.com) reports that Panettiere, 21, split from Klitschko, 35, after their long-distance relationship proved too difficult.

**What are some ways to tell if your relationship is a rebound romance?**

## **Cupid's Advice:**

Jumping into a new romance right after ending a long-term relationship can be considered a rebound. Cupid has some questions you may want to ask yourself:

**1. How much time has passed?:** If you just broke up with someone and are already seeing someone new, you're probably in a rebound relationship. It's important to realize that these flings usually aren't permanent.

**2. Do you still have feelings for your ex?:** So you've started dating a new person, but everything they do reminds you of your ex. If this is the case, you might consider taking some time alone to heal and move past the breakup.

**3. Is the new romance serious?:** After ending a serious relationship, it's usually difficult to feel strongly for someone new right away. So if you find that your feelings aren't nearly as intense for your new partner, maybe you're still on the rebound.

**Do you think it's a good idea to get into a new relationship right after a breakup? Share your comments below.**