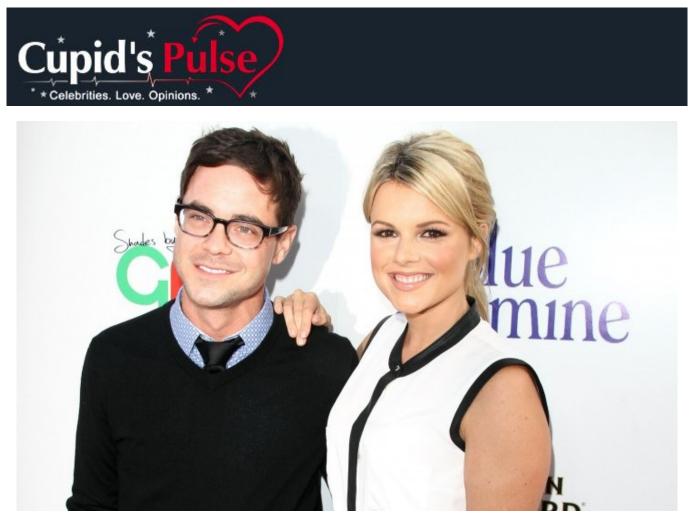# Celebrity Couple: Ali Fedotowsky Is Dating Kevin Manno

By Meghan Fitzgerald

According to *People,* former *Bachelorette* star Ali Fedotowsky is in a new relationship with the host of *Abby's Ultimate Dance Competition,* Kevin Manno. The blonde bombshell split with ex-fiance Roberto Martinez in November 2011, but is now in bliss with Manno. *UsMagazine* reports that the couple hit things off right away when they met in Chicago.

How do you know when it's time to move on from a past relationship?

Cupid's Advice:

Knowing when to move on from a past relationship is a complicated and confusing process to work through. You may still have feelings for your ex, you may be lonely, or you may want them back. Whatever the circumstance, there comes a time when you need to move on with your life. Here are some tips:

1. New relationship: It is essential to move on from a past relationship if you are currently in a new relationship. Thinking, or obsessing over your ex, and ex-relationship is not in any sense healthy. Nor will it positively affect the relationship you're currently in. Drop your ex if you now have a different significant other by your side.

2. Health: If your health has declined because of your past relationship, it is necessary to move on. It is not beneficial to stick around with your past relationship if you are physically and emotionally suffering from it. So pick your self up, and move on. Throw away their belongings, get rid of the haunting thoughts lingering in your mind, and create a better healthier life for yourself.

3. Happiness: Are you completely dissatisfied with your life because of your ex and your past relationship? Are you miserable inside? Do you constantly watch Netflix and have at least three gallons of ice cream in your freezer? You are unhappy. Move on from your relationship and focus on yourself. Get your life together, gather your thoughts, and focus on finding happiness.

Have you known when it's time to move on from a past relationship? Share below.