

# Miley Cyrus Moves On After Celebrity Break-Up from Patrick Schwarzenegger



By Maggie Manfredi

Single looks good on you Miley! According to [E! News](#), [Miley Cyrus](#) is moving on after [celebrity break-up](#) from Patrick Schwarzenegger. The singer was spotted hitting the gym sans shirt on Thursday morning. Wearing only black leggings, a sports bra and letterman jacket, you can't help but notice Cyrus' bod is looking fierce! The celebrity break-up came after a six month relationship and love life, which dissolved quickly after the pictures came out of Schwarzenegger with another girl on his college spring break.

# Another celebrity break-up has gone down in the record books! What are some steps you can take to move on after a split?

## Cupid's Advice:

Post break-up life can be hard to navigate. But never fear, Cupid has some tips on how you can move on just like Miley:

**1. Distract yourself:** Hit the gym like Miley or pick up a new and exciting hobby, like an outdoor sport (rollerblading) or something with your hands (knitting).

**Related Link:** [Miley Cyrus Relies on Family For Relationship Support](#)

**2. A little help from your friends:** This is the perfect time to reconnect with your friends and loved ones. Try not to make the time all about your breakup, but if they are there for you through it plan something fun for them like a happy hour or a spa day.

**Related Link:** [Source Says Hollywood Couple Miley Cyrus and Patrick Schwarzenegger Are 'Going Through a Tough Time'](#)

**3. When you are ready:** Moving on to a new relationship may take some time. Be careful of the infamous rebound and make sure you are emotionally ready to date before throwing yourself back into the game.

**What's your best move on move? Share with us below!**