

# Celebrity Break-Up: Jillian Michaels & Heidi Rhoades Split After 9 Years Together



By Rhodesia Williams

In celebrity news, [celebrity couple](#) Jillian Michaels and Heidi Rhoades have called it quits. According to *UsMagazine.com*, the [celebrity relationship](#) has come to an end after nine years. Although the two share two children together, the couple expressed that the [celebrity break up](#) was mutual. “We’ve found we’re better as friends and parents living apart than staying together.”

# This celebrity break-up comes after a long-term relationship. How do you decide whether to call it quits on a long-term relationship?

## Cupid's Advice:

Sometimes it's hard breaking up, especially when you have been together for a very long time. As hard as it can be, you have to do what is best for the relationship. You can't let time play a factor in this decision. Cupid has some advice on how to decide if you should call it quits on a long-term relationship:

**1. Foundation:** Without a strong foundation, your relationship won't be able to weather any storm. Coming up with a decision like ending a long-term relationship is hard, but an excellent point to start is at the core. Do you and your partner have the basics down? Just in case you aren't sure what the basics are, we are talking about trust, communication, understanding, and compatibility. When there are problems, it usually stems from one of those components. Think about it.

**Related Link:** [Relationship Advice: How to Stay Confident in a Long-Term Relationship](#)

**2. Future:** Think about your future. Granted, we never know what can happen in the future, but knowing your partner, you can take a pretty good guess. Have you come to an understanding about the things you both want? Children? Marriage? Housing? Pets? You have to think about all of the things that you want. Coming together and discussing the future will help, but if ultimately you are having difficulty coming to an understanding, then maybe you have to rethink your future with your partner.

**Related Link:** [Expert Dating Advice: Beware of These Kinds of Relationships](#)

**3. Feelings:** You may have a strong foundation, but your feelings do matter. If you have a gut feeling about something or something just doesn't feel right, maybe you should hold off. The saying, "what's done in the dark will always come to the light" couldn't be more true. Listen to your intuition! While we aren't talking about cold feet, there may be something lingering that is bothering you. Pay attention, and give it time. When the feelings are right, you won't have to second guess anything.

**How would you decide if it's time to call it quits? Share below.**

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**Parenting Tips: See How  
Celebrity Moms Raise Their  
Children Without Gender  
Stereotypes**





By [Marissa Donovan](#)

Some [celebrity parents](#) such as Megan Fox break away from gender stereotypes and raise their children to make their own choices on what they want to wear or who they want to become. Fox has been seen letting her first son Noah wear dresses because that is what he is most comfortable in. As a parent, Fox wants her children to feel confident in the choices they make and gender stereotypes can be detrimental to a child's growth.

**Check out how other [celebrity moms](#) are breaking away from gender stereotypes!**

**1. Jada Pickett Smith:** Celebrity kids Jaden and Willow Smith has been making headlines for their actions, but Jada Pickett Smith always stands behind her children! According to [Usmagazine.com](#), Smith claimed to be a unconventional parent for how she allows her children to make their own choices

instead of telling them what she validates as okay. Many people have been surprised by Jaden's fashion choices and Willow's choice to shave her head. She believes it's empowering to let her children put themselves first!



Jada Pinkett Smith  
and Jaden Smith.  
Photo: Facebook.com

**Related Link:** [Celebrity Children Who Are Just Like Their Parents](#)

**2. Adele:** Powerhouse singer Adele is not only a force to be reckoned with musically, but also has a voice when it comes to breaking gender stereotypes. In an interview with [Time.com](#), the singer expressed her excitement for the future of her son Angelo. She excited to see who he will fall in love with, who his best friends will be, and what movies he will enjoy! So far it looks like Frozen has been one of his favorites since the celebrity child wore a Princess Elsa costume to Disneyland!



Adele. Photo: Marco  
Sagliocco / PRPhotos.com

**Related Link:** [Adele Is 'Thrilled' About Becoming a Mother](#)

**3. Carrie Fisher:** The legendary Carrie Fisher did not believe in enforcing gender roles on her daughter Billie Lourd. According to *Teenvogue.com*, the *Scream Queens* star was named Billie was one of ways Fisher showed that gender didn't matter. The celebrity mom took pride in showing her daughter that men and woman are equal and all that mattered was being a strong person!



Photo:  
praisethelourd/Instagram

**Related Link:** [January Jones Opens Up About Being a Single Celebrity Mom](#)

**4. Bryce Dallas Howard:** Jurassic World star wanted her

daughter to lead the way instead of instilling gender roles in Beatrice. According to [People.com](https://www.people.com), allowed her daughter to wear hand-me-downs from her brother Theodore. Her celebrity child was also bald for a long period of time and her gender did not appear prominent. Howard had no issue with what other people thought of her daughter because she was focused on letting Beatrice make her own choices.



Photo:  
brycedhoward/Instagram

**Related Link:** [Celebrity Mom Jillian Michaels Admits It's Hard to Balance Workouts and Motherhood](#)

**5. Jillian Michaels:** Famous [fitness](#) trainer Jillian Michaels is okay with having her son Phoenix follow his daughter Lukensia's choices. According to [Huffingtonpost.com](https://www.huffingtonpost.com), Phoenix enjoys wearing heels and playing with dolls. Michaels does not tell her son these choices are off limits because she believes it's okay to like things that are traditionally stereotyped for girls only.



Jillian Michaels with  
daughter Lukensia. Photo:  
FAMEFLYNET PICTURES

**Which celebrity mother is your favorite from our list? Let us  
know in the comments!**