# Actress Blanca Blanco Enjoys Beach Day in Cannes amid Cannes Film Festival



Blanca Blanco, known for her roles in "Eye for Eye" and "Tale of Tails," was spotted this weekend enjoying the beach in Cannes, France. The actress is in the city for the Cannes Film Festival, where she attended the premiere of "Second Act" on Tuesday. Blanco spent some time relaxing on the shore in a pink string bikini with an ivory flower detail, while her long brunette hair flowed in soft curls. She captioned her beach photo "Morning swim" with a dolphin emoji on social media.

In addition to her acting career, Blanco shared fitness and diet tips with DailyMail.com. She revealed her strategy for staying fit involves breaking her workouts into two 10-minute sessions when she feels unmotivated. Blanco, who often works out for an hour a day, five days a week, emphasized the mental health benefits of exercise. She also mentioned she follows a Mediterranean Diet, avoids late-night snacking, and has recently adopted a pescatarian lifestyle, cutting out meats and sugar, except from fruits. Blanco highlighted the importance of drinking sufficient water and managing stress to maintain overall health.