

THIS MINUTE

Taylor Swift

Irina Shayk

Candice Swanepoel

Karlie Kloss

How the Models Tone

BODY BUZZ

Their secret's out! Score a leaner bod with the fashion world's go-to pro

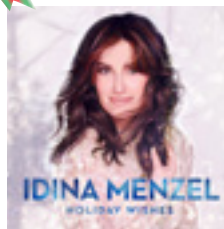
Catwalkers and their pals (hi, **Taylor Swift!**) flock to NYC's ModelFit to build strength, not bulk. Using tiny movements (think microsquats), clients work "every single muscle," founder Justin Gelband tells *Us* of the 50-minute sessions that can torch up to 800 calories.

A leg up Burn at home with the minicrunch. On your back with knees bent and arms skyward, reach up 3 inches, then down, without letting the shoulders touch the ground, he says. (Do three sets of 15.) And, he suggests, add in Pilates or yoga "several times a week."

Kloss hit the studio Oct. 27.

2014'S COOLEST HOLIDAY DISCS

Dance, prance and rock the night away with one of these new classics



IDINA MENZEL

Holiday Wishes

Let it snow! The *Frozen* songstress wraps her Broadway-honed pipes around "Silent Night" and "River," **Joni Mitchell's** 1970 gem. "It's one of my favorite songs — with or without the holidays!" she tells *Us*.

THE CAST OF DOWNTON ABBEY

Christmas at Downton Abbey

Jolly good: The 45 traditional carols on the PBS hit's double CD could fill even the Dowager Countess with cheer, especially when **Elizabeth McGovern** duets on "The First Noel" with costar **Julian Ovenden**.



SETH MACFARLANE

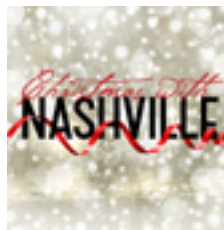
Holiday for Swing

"It was a pure joy!" the *Family Guy* creator raves of crooning 13 classics, such as "Warm in December," with a 52-piece orchestra. An extra treat: **Norah Jones** sings along on the jazzy "Little Jack Frost Get Lost."

PENTATONIX

That's Christmas to Me

They're in perfect harmony on standards such as "Sleigh Ride." But the a cappella quintet's **Kristie Maldonado** tells *Us* their original tune, "That's Christmas to Me," is a real gift: "It sums up being festive!"



THE CAST OF NASHVILLE

Christmas With Nashville

Music City gets in the spirit: A big band backs **Connie Britton** on "You're a Mean One, Mr. Grinch"; **Jonathan Jackson** rocks "Christmas (Baby Please Come Home)" in the ABC show's collection.