



"THEY GENUINELY LIKE EACH OTHER," SAYS DIRECTOR GEORGE NOLFI, OF HIS COSTARS.

foods like almonds, brown rice, and granola with soy milk). She was also felled by every possible injury—throwing out her hip, wrecking her shoulders—and required therapeutic massages three times a week. But in the end, the aches and pains offered a way to worm into the psyche of a dedicated ballerina. "It was the first time I physically undertook what that character's life was," she says, "to physically go there."

An Impressive Body of Work

All the sweat and sacrifice paid off. By the time the cameras were rolling, Emily's body was in peak shape. "I looked like an

aerobics teacher," she says. "My shoulders puffed out. My back looked like there was a barrel of snakes in it. I had an eight-pack!" As much as she marveled at her new form, she gave up the intense training once the film wrapped. On a trip to Paris with her husband (in case you missed it, she married *The Office's* John Krasinski seven months ago), Emily did nothing but "eat cheese and bread." Then she went back to her usual routine of working out four days a week with AJ Johnson, an L.A. wellness coach who specializes in programs that include everything from canyon hikes to free weights to sprinting.

Then there are the brisk walks she takes with the latest addition to the Blunt-Krasinski family: a red Labrador named Finn. Emily fishes around in her handbag, retrieves her iPhone, and thumbs around on it until she finds a shot of the pooch, the size of a small pony, sitting on her lap. "He's a goofy, heavenly, sensitive, sweet boy," she says in a swooning voice.

No doubt she'll carry the adorable shots of Finn with her on her next project, *Looper*, a postapocalyptic sci-fi flick costarring Joseph Gordon-Levitt and Bruce Willis, which Emily starts filming this spring. The role is about as far from her graceful *Adjustment Bureau* ballerina as one could possibly imagine. "It's set 50 years from now, when the world has gone to shit," she explains excitedly. "I play a Midwest toughie who wields a big rifle." Compared with ballet boot camp, that should be a piece of cake. ■

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