

BOOKS and DVDs

- *"Kroppsholdning i historisk perspektiv" (Body posture in a historical view), University Press, Oslo, 1981.
- *"Gymnastikk i tiden". (Norwegian aerobic fitness model, Instructor manual for aerobic instructors). University Press, Oslo, 1989.
- *"Inkontinens". (Incontinence) University Press, Oslo, 1992
- *"Pelvic floor muscle exercise to treat pelvic floor muscle exercise". Video. IBM, Menlo Park, California/Stanford University, 1990.
- *" Kom i form med KK ". One hour video with aerobic, strength and flexibility training for women, 1992.
- * "Trening av bekkenbunnen". 35 min video. Pelvic floor, abdominal and back muscle exercise", 1992.
- * "Kom i form med KK, 2". One hour video with aerobic, strength and flexibility training for women, 1995.
- *"Ta sats". Physical education book for highschool students. University Press, 1997 and 2000.
- *«Kvinner og trening», (Exercise for women), Boksenteret, 1999
- *«Trening for svangerskap og etter fødsel», (Exercise during pregnancy and after childbirth), Boksenteret, 1998
- * "Overskudd til livet, motivasjon, mosjon, mat" (Exercise, nutrition, motivation for women), Aschehoug 2002
- *"Sprek, slank og sunn mamma" (Healthy, fit and lean mum) Boksenteret Erik Pettersen & Co AS, 2004

*"Multidisciplinary management of female pelvic floor disorders" (Chapple, Zimmern, Brubaker, Smith, Bø). Churchill Livingstone 2006

*"Evidence based physiotherapy for the pelvic floor – bridging science and clinical practice" (Bø, Berghmans, van Kampen, Mørkved). Elsevier 2007.

*Corewellness dvd: pelvic floor, abdominal and back training

For scientific publications, see Publication list.