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# Second Career: TV Producer Turns Olympic Hopeful

By [Barbara Safani](#)

Posted Mar 2nd 2010 @ 4:23PM

Filed under: [My Career Success Stories](#), [Career Change](#)

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Mary Pelloni

Lisa Fisco's life changed after her husband left her and their three young children. She went back to work full-time as a **TV producer** while she struggled through a brutal divorce that led to depression and a 100-plus pound weight gain. Seven years after her divorce, her children decided to move in with their father.

Fisco was devastated. "I wanted to do something that would take my mind away from missing my kids," she says.

So, she enrolled in a course in entrepreneurship at UCLA. The professor's first assignment was to remember your childhood dreams; he believed that most people, sometime in their life, always go back to what they loved as a child.

And that's when the idea to train as a weightlifter came to Fisco. "I knew I was passionate about sports, the Olympics, and weightlifting in general," she says. "At an early age, I would lift weights with my father just for fun. Athletics came easy to me as a child and I was always strong and could lift more than my uncles when we would compete at home."

So Fisco contacted a U.S. Olympic weightlifting coach and said, "how would you like to transform a totally out-of-shape, 47-year-old mom into a competitive weightlifter with goals for Olympic gold?" He responded to her the same day: "You bet; when do you want to start?"

After walking away from her producer position and more than two years of training, Fisco has gained tremendous support from friends and family. People at the gym frequently approach her to let her know she is an inspiration to them.

Of course, not everyone understood her dream at the beginning. Fisco jokes that when one of her sons first heard of her ambitions he commented, "Mom, you might as well have told me that you were going out for the NFL!" But she reminded him that the more he didn't support her, the more fuel that would add to her fire to prove him wrong.

And it looks like that fire is still burning, because Fisco has her eye set on a spot on the 2012 Olympic weightlifting team. If she makes the cut, she will be 52 -- the oldest woman to ever compete in the event.



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In between her grueling training schedule, Fisco is vetting opportunities for book deals, endorsements, sponsorships, licensing agreements, and speaking engagements. She recently landed her first sponsorship with [Dotfit](#), an online fitness, performance, and weight loss program.

Through these promotional opportunities, Fisco hopes to inspire women of all ages, but particularly baby boomers. "There are a number of women approaching 50 or just over 50 that are stuck in a rut. I want to talk to women to remind them there can be life after 50. It is never too late to reinvent yourself," she notes, adding, "Being so busy with kids, work, and life in general, I forgot about my own passions and desires. Once I allowed myself to explore them again, my life changed forever."

Fisco's advice to others contemplating pursuing their career passion or dreams? "Procrastination is the biggest killer of dreams; it is so important to live in the moment. Be the best you can be today, because winning (in whatever you do) will come tomorrow. Many of life's barriers and obstacles come from within. But once those barriers are broken, we realize the biggest barriers are our own beliefs."

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Barbara Safani, owner of Career Solvers, has over fifteen years of experience in career management, recruiting, executive coaching, and organizational development.  
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**James**

This is great. Paul speaks of this in 1Cor Yep, way back then...

March 04 2010 at 4:18 PM

**Tony**

Wow - She was fat and a bad mother because her husband left her?? Or was she a bad mother and fat, so her husband left her. A mother without her kids is useless and un natural. Is she living with her girlfriend now?

March 04 2010 at 4:00 PM

**Tom**

no wonder her husband left her, her 'inner-man' was just bubbling beneath the surface, and finally broke through! what a dyke! there's a reason the people (who knew her best) abandoned her, we don't know those reasons-

March 04 2010 at 2:08 PM

**ABE**

Best of luck Lisa...your an inspiration....good for you and go for it....the gold !!!!!!!!!!!!!!!

March 04 2010 at 1:54 PM

**thomas**

Good for you. You have my support and prayers for a gold medal. However for this 53 yr old male my dreams will never be realized. I wanted to play high school, college, and pro football. But I was always too small to play and when I was big enough I was too old. Also my second dream has gone up in flame also...a NASCAR race car driver. CRASHED & BURNED on those two dreams.

March 04 2010 at 1:43 PM

**1 reply to thomas's comment**

**thomas**

Now I guess I will just mossey on out to pasture and wait for that faitfull day down the road.

March 04 2010 at 2:10 PM

**Lynn**

She may be ready by 2012, but maybe. Olympic level training can take a long time sometimes ... but she'll make it if she keeps it up!

March 04 2010 at 12:09 PM

**TDS**

Lisa,  
Follow your heart and dreams. Keep your mind focused on high achievement in life and sport. Work hard, be smart and have fun.  
Core values I used in being the 1980 USA Olympic Superheavy Weightlifter.  
Hope these are helpful on your journey!

March 04 2010 at 10:32 AM

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**Linda**

And one more thing, Thanks for helping us realize that no one can crush your dreams unless you allow them to. It is easy to let people and especially family to that. We all have to learn to give and get support for our dreams. I am lucky to have that support although sometimes my family thinks I am crazy!!Oh well, I do it anyway

March 04 2010 at 9:48 AM

**Linda**

I hope Lisa competes well.. This was an inspirational way to start my day....I will be watching for sure....I am 60 as the ady above with her guitar ,I just bought a ukulele !!! There is hope for all of us.. Good luck

March 04 2010 at 9:44 AM

**Marcus**

I'm going to compete in the 2014 Winter Olympics as a Curler, that way I don't even have to learn the rules until late 2013 or train until Jan 2014. I'm also going to try to beat the Curling record by being 8 months pregnat while I go for the gold.

March 04 2010 at 9:14 AM

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