



## Step up to Secondary

Our free Step up to Secondary programme\* helps Hertfordshire Year 6 children build healthy habits, grow in confidence, and make independent choices.



Interactive weekly  
live sessions  
(online or in  
person)



Fun activities led  
by experienced  
health coaches and  
nutritionists



Simple progress  
tracker



Family  
challenges

## Weekly topics

- Week 1** New school, new choices
- Week 2** Building healthy habits
- Week 3** Healthier drinks and snacks
- Week 4** Staying active every day
- Week 5** Making better food choices outside school gates
- Week 6** Celebrating progress and preparing for transition



## When and where

You can choose the best 6-week\*\* option for you:



Mondays,  
from 27 July 2026  
(online webinars):  
6:30–7:30pm



Tuesdays,  
from 28 July 2026  
(online webinars):  
6:30–7:30pm



Tuesdays,  
from 28 July 2026  
(in person):  
5:00–6:30pm,  
at Breaks  
Manor Youth &  
Community Centre,  
Hatfield, AL10 8TP



Wednesdays,  
from 29 July 2026  
(online webinars):  
5:30–6:30pm



Join for FREE today



[hrt.maximusuk.co.uk](http://hrt.maximusuk.co.uk)



01707 248648



Hertfordshire