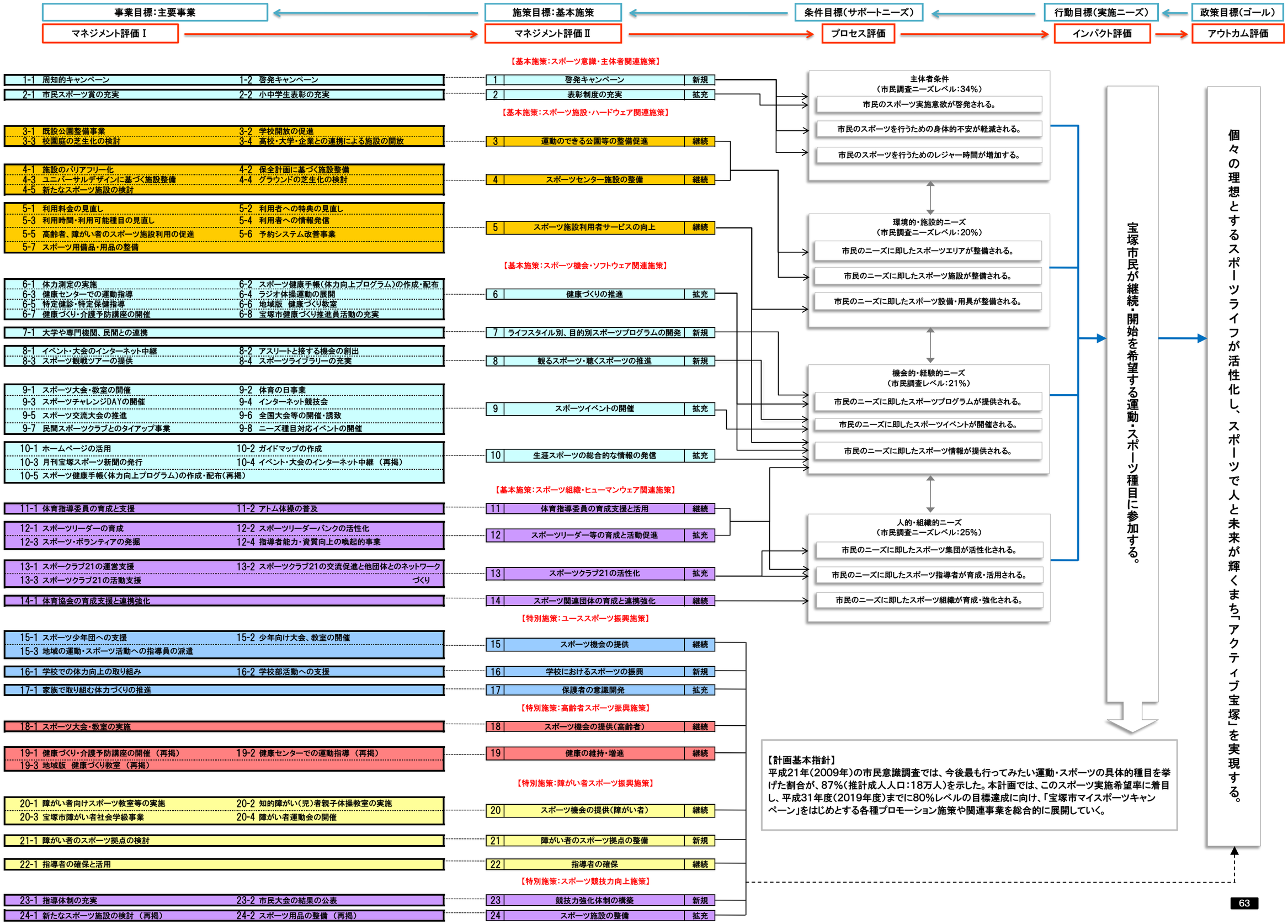図5－2. 「アクティブ宝塚」全体概要