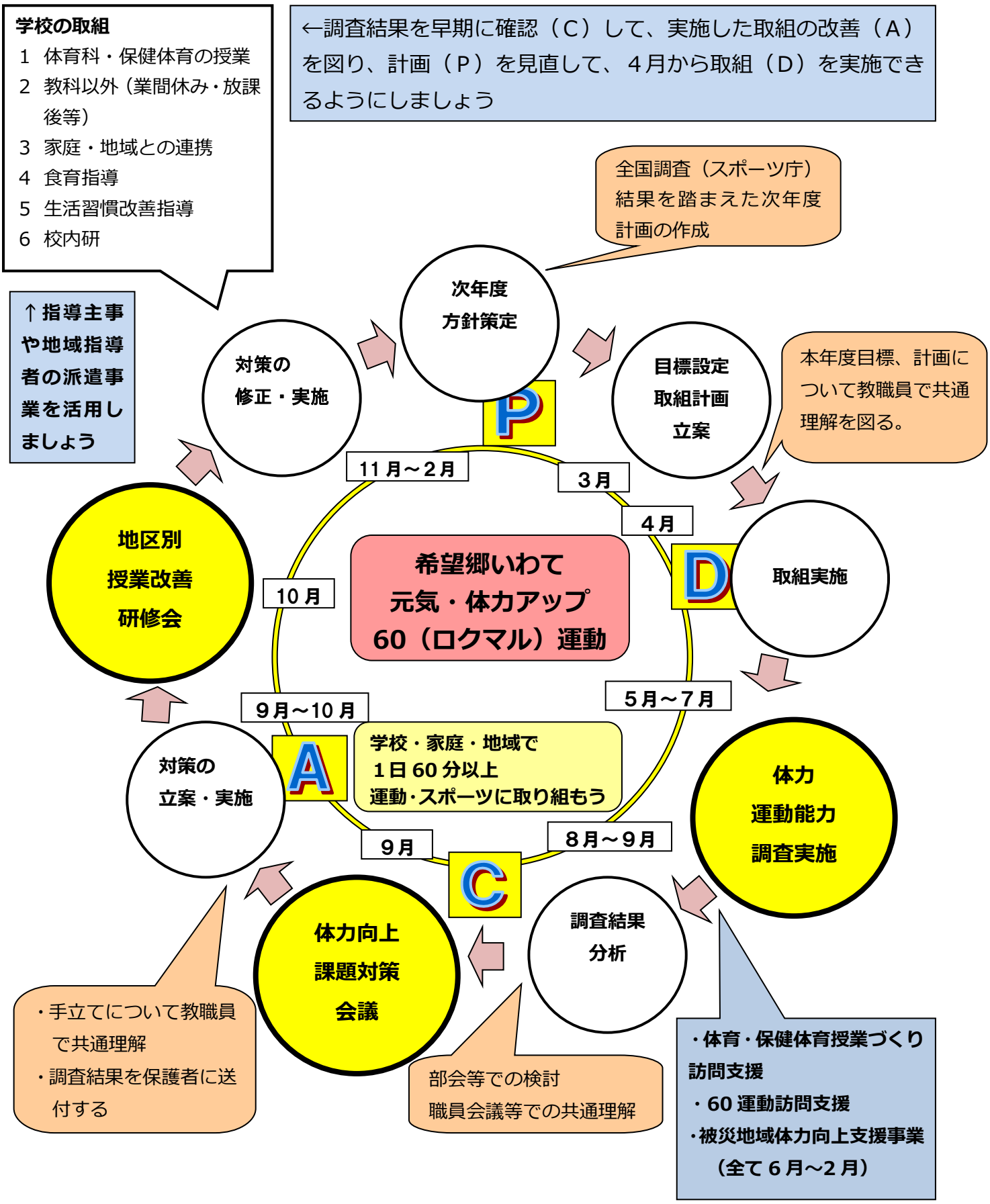【図１】体力向上に向けた１年間の取組のイメージ