WEBB ROBERT T

Form 4

March 19, 2010

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

OMB APPROVAL

Number:

3235-0287

Expires:

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Person

January 31, 2005

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Check this box

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subject to

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

See Instruction

1. Name and Address of Reporting Person * WEBB ROBERT T			2. Issuer Name and Ticker or Trading Symbol NATIONAL HEALTH INVESTORS INC [NHI]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year)	X Director 10% Owner Officer (give title below) Other (specify below)		
2714 ARCHER AVENUE			03/18/2010	below)		
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line)		

MURFREESBORO, TN 37129

(City)	(State)	(Zip) Tabl	le I - Non-I	Derivative (Secur	ities Acqu	ired, Disposed of	, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securit on(A) or Dia (Instr. 3, 4)	sposed	of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Shares Of Common Stock	03/18/2010		M	15,000	A	\$ 30.3	125,570	I	Nancy P. Webb
Shares Of Common Stock	03/18/2010		S	12,111	D	\$ 37.53	113,459	I	Nancy P. Webb
Shares Of Common Stock	03/18/2010		M	15,000	A	\$ 25.29	128,459	I	Nancy P. Webb
Shares Of Common	03/18/2010		S	10,108	D	\$ 37.53	118,351	I	Nancy P. Webb

Stock

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474

(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	Secur Acque or D (D)	rities aired (A) isposed of r. 3, 4,	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to Buy)	\$ 30.3	03/18/2010		M		15,000	04/29/2008	04/28/2013	Nhi Common Stock	15,000
Stock Options (Right to Buy)	\$ 25.29	03/18/2010		M		15,000	02/25/2009	02/24/2014	Nhi Common Stock	15,000
Stock Options (Right to Buy)	\$ 34.25						05/16/2007	05/15/2012	Nhi Common Stock	15,000
Stock Options (Right to Buy)	\$ 35.99						02/25/2010	02/25/2015	Nhi Common Stock	15,000

Reporting Owners

Reporting Owner Name / Address	Relationships						
· · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer	Other			
WEBB ROBERT T							
2714 ARCHER AVENUE	X						
MURFREESBORO, TN 37129							

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Date

Signatures

/s/Kimberly V. Ouimet, attorney-in-fact for Mr. 03/19/2010 Webb

**Signature of Reporting Person

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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