

WELCH TED H  
Form 4  
January 26, 2012

**FORM 4**

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES**

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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
WELCH TED H

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)  
12/04/2009

Director  10% Owner  
 Officer (give title below)  Other (specify below)

611 COMMERCE STREET, SUITE 3102

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)

Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

NASHVILLE, TN 37203

(City) (State) (Zip)

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed 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 Ownership (Instr. 4)
				Code	V Amount Price			
Common Stock	12/04/2009		G	1,083	D \$ 34.495	64,548	D	
Common Stock	12/21/2010		G	853	D \$ 43.68	63,695	D	
Common Stock	01/24/2012		M	15,000	A \$ 34.25	78,695	D	
Common Stock	01/24/2012		F	10,970	D \$ 46.83	67,725	D	
Common Stock	01/24/2012		M	15,000	A \$ 30.3	82,725	D	

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Common Stock      01/24/2012      F      9,706      D      \$ 46.83      73,019      D

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

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(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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Stock Options (Right to Buy)	\$ 34.25	01/24/2012		M	15,000	05/16/2007 05/15/2012	NHI Common Stock	15,000	
Stock Options (Right to Buy)	\$ 30.3	01/24/2012		M	15,000	04/29/2008 04/28/2013	NHI Common Stock	15,000	
Stock Options (Right to Buy)	\$ 25.29					02/25/2009 02/24/2014	NHI Common Stock	15,000	
Stock Options (Right to Buy)	\$ 35.99					02/25/2010 02/25/2015	NHI Common Stock	15,000	
Stock Options (Right to Buy)	\$ 45.58					02/22/2011 02/22/2016	NHI Common Stock	15,000	

## Reporting Owners

Reporting Owner Name / Address

Relationships

Reporting Owners

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Director   10% Owner   Officer   Other

WELCH TED H  
611 COMMERCE STREET  
SUITE 3102  
NASHVILLE, TN 37203

X

## Signatures

/s/ Kimberly Ouimet, Attorney-In-Fact for Ted H.  
Welch

01/26/2012

\_\_Signature of Reporting Person

Date

## 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.

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