

Hopkins Roger R
Form 4
August 24, 2009

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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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 *
Hopkins Roger R

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)
2930 PRINCETON LANE
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
08/20/2009

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Chief Accounting Officer

MURFREESBORO, TN 37129
(City) (State) (Zip)

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

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) (Instr. 3, 4 and 5)	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 or Price		
Shares Of Common Stock	08/20/2009		M		\$ 16,666 33.33	19,852	D
Shares Of Common Stock	08/20/2009		M		\$ 2,500 33.33	22,352	D
Shares Of Common Stock	08/20/2009		M		\$ 5,000 33.33	27,352	D
Shares Of Common	08/20/2009		F		\$ 12,646 33.33	14,706	D

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Stock

Shares Of Common Stock	08/20/2009		F	2,193	D	\$ 33.33	12,513	D
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Shares Of Common Stock	08/20/2009		F	3,676	D	\$ 33.33	8,837	D
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Common Stock (restricted Stock Award)							1,500	D
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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. 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)	\$ 25.29	08/20/2009		M		02/25/2009	02/25/2013	Nhi Common Stock	16,666
Stock Options (Right to Buy)	\$ 29.24	08/20/2009		M		02/04/2009	02/04/2013	Nhi Common Stock	2,500
Stock Options (Right to Buy)	\$ 24.5	08/20/2009		M		07/21/2009	07/20/2011	Nhi Common Stock	5,000
Stock Options	\$ 25.29					02/25/2010	02/25/2013	Nhi Common	16,666

(Right to Buy)								Stock	
Stock Options (Right to Buy)	\$ 24.5			07/21/2010	07/20/2011	Nhi Common Stock		5,000	
Stock Options (Right to Buy)	\$ 25.29			02/25/2011	02/25/2013	Nhi Common Stock		16,668	
Stock Options (Right to Buy)	\$ 24.5			07/20/2011	07/20/2011	Nhi Common Stock		5,000	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Hopkins Roger R 2930 PRINCETON LANE MURFREESBORO, TN 37129			Chief Accounting Officer	

Signatures

/s/Roger R.
Hopkins

08/24/2009

**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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