

Gaines Kristin Sallee
 Form 3
 March 03, 2010

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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 * ^ Gaines Kristin Sallee (Last) (First) (Middle)			2. Date of Event Requiring Statement (Month/Day/Year) 03/02/2010		3. Issuer Name and Ticker or Trading Symbol NATIONAL HEALTH INVESTORS INC [NHI]	
222 ROBERT ROSE DRIVE (Street)			(Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other (give title below) (specify below) Chief Credit Officer		5. If Amendment, Date Original Filed(Month/Day/Year)	
MURFREESBORO, TN 37129 (City) (State) (Zip)					6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person	

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	2,503	D	^
Common Stock (restricted Stock Award)	2,350	D	^

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

SEC 1473 (7-02)

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative	5. Ownership Form of Derivative Security:	6. Nature of Indirect Beneficial Ownership (Instr. 5)
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	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Security	Direct (D) or Indirect (I) (Instr. 5)	
Stock Options (Right to Buy)	02/04/2009	02/04/2013	Nhi Common Stock	2,500	\$ 29.24	D	Â
Stock Options (Right to Buy)	02/04/2010	02/04/2013	Nhi Common Stock	2,500	\$ 29.24	D	Â
Stock Options (Right to Buy)	02/04/2011	02/04/2013	Nhi Common Stock	2,500	\$ 29.24	D	Â
Stock Options (Right to Buy)	02/04/2012	02/04/2013	Nhi Common Stock	2,500	\$ 29.24	D	Â
Stock Options (Right to Buy)	02/25/2010	02/25/2013	Nhi Common Stock	16,666	\$ 25.29	D	Â
Stock Options (Right to Buy)	02/25/2011	02/25/2013	Nhi Common Stock	16,668	\$ 25.29	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Gaines Kristin Sallee 222 ROBERT ROSE DRIVE MURFREESBORO, TN 37129	Â	Â	Â Chief Credit Officer	Â

Signatures

Kristin S. Gaines 03/03/2010
 __Signature of Date
 Reporting Person

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 5(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.