FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL					
011011	2225 22				

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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).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

	Address of R	eporting Person*						and Tick INTE			Symbol NAL INC	[LII]	(Che	Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner				
(Last) (First) (Middle) 2140 LAKE PARK BLVD.						ate of 29/20		est Trans	action (N	Month/	Day/Year)		Officer (give title below) Chairman and CEO					
(Street)	OSON TX	7	75080		4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check A Line) X Form filed by One Reporting Pers Form filed by More than One Rep						son							
(City)	(Sta	, ,	Zip)											Person				
1. Title of Se	curity (Instr.		le I - N	2. Transac Date (Month/Da	ction	2A. Exe if ar	Deem cution		3. Transa Code (I 8)	ction				5. Amount of Securities Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
									Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)			(Instr. 4)	
Common S	tock, Par V	alue \$0.01 Per S	hare	07/29/	2019				М		13,924	A	\$0	111,165 D				
Common S	tock, Par V	alue \$0.01 Per S	hare	07/29/	2019				F		5,479	D	\$0	105	,686	D		
Common S	tock, Par V	alue \$0.01 Per S	hare	07/30/	2019				S ⁽¹⁾⁽²⁾		200	D	\$253.65	105	,486	D		
Common S	tock, Par V	alue \$0.01 Per S	hare	07/30/	2019				S ⁽²⁾⁽³⁾		1,200	D	\$255.66	55.66 104,286 D				
Common S	tock, Par V	alue \$0.01 Per S	hare	07/30/	2019				S ⁽²⁾⁽⁴⁾		3,266	D	\$256.91	2256.91 101,020 D				
Common S	tock, Par V	alue \$0.01 Per S	hare	07/30/	2019				S ⁽²⁾⁽⁵⁾		3,279	D	\$257.94	57.943 97,741 D				
Common S	tock, Par V	alue \$0.01 Per S	hare	07/30/	2019				S ⁽²⁾⁽⁶⁾		500	D	\$258.77	58.779 97,241 D				
		7	Table II						,		osed of, o		,	Owned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deer Execution if any (Month/I	med on Date,	4. Transa Code (8)	ction	n of Expiration Date of Secu (Month/Day/Year) Underly Derivati		7. Title a of Secur Underlyi	nd Amount ities ng e Security	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securitie Beneficia Owned Following Reported Transacti (Instr. 4)	e Ownersi s Form: ally Direct (I or Indire g (I) (Instr.	Beneficial Ownership ct (Instr. 4)				
					Code	v	(A)	(D)	Date Exercis	able	Expiration Date	Title	Amount or Number of Shares					
Non- qualified Stock Appreciation Right	\$92.64	07/29/2019			M ⁽⁷⁾			21,526	12/12/2	015 ⁽⁸⁾	12/12/2021	Common Stock, Par Value \$0.01 Per Share	21,526	\$0	21,52	27 D		

Explanation of Responses:

- 1. Reflects a weighted average sale price of \$253.65 at prices ranging from \$253.54 to \$253.76 per share. The Reporting Person will provide, upon request by the staff of the Securities and Exchange Commission, the Issuer, or a security holder of the Issuer, full information regarding the number of shares sold at each separate price.
- 2. This sale was effected pursuant to a Rule 10b5-1 plan.
- 3. Reflects a weighted average sale price of \$255.66 at prices ranging from \$255.37 to \$256.02 per share. The Reporting Person will provide, upon request by the staff of the Securities and Exchange Commission, the Issuer, or a security holder of the Issuer, full information regarding the number of shares sold at each separate price.
- 4. Reflects a weighted average sale price of \$256.910 at pricing ranging from \$256.48 to \$257.32 per share. The Reporting Person will provide, upon request by the staff of the Securities and Exchange Commission, the Issuer, or a security holder of the Issuer, full information regarding the number of shares sold at each separate price.
- 5. Reflects a weighted average sale price of \$257.943 at prices ranging from \$257.56 to \$258.34 per share. The Reporting Person will provide, upon request by the staff of the Securities and Exchange Commission, the Issuer, or a security holder of the Issuer, full information regarding the number of shares sold at each separate price.
- 6. Reflects a weighted average sale price of \$258.779 at prices ranging from \$258.59 to \$259.06 per share. The Reporting Person will provide, upon request by the staff of the Securities and Exchange Commission, the Issuer, or a security holder of the Issuer, full information regarding the number of shares sold at each separate price.
- 7. This exercise was effected pursuant to a Rule 10b5-1 trading plan.
- 8. One third of the Stock Appreciation Rights became exercisable on 12/12/2015 and each year thereafter. The entire grant became fully exercisable on 12/12/2017.

Remarks:

Attorney-in-fact pursuant to power of attorney dated December 6, 2017.

/S/ Sarah Braley, attorney-infact for Todd M. Bluedorn

07/31/2019

** Signature of Reporting Person

Date

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

- * 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.

Persons who respond to the collection of information conta	ined in this form are not required to	respond unless the form displays a c	urrently valid OMB Number.