TORCHMARK CORPORATION Debt June 30, 2010 (In thousands)

	lssue Date	Coupon Rate	Maturity	Par	Carrying Value
Short Term:					
Commercial Paper					200,452
Total Short Term Debt					200,452
Long Term:					
Notes	08/01/93	7 3/8 %	08/01/13	94,050	93,642
Senior Notes	06/20/06	6 3/8 %	06/15/16	250,000	247,290
Senior Notes	06/30/09	9 1/4 %	06/15/19	292,647	289,274
Notes	05/27/93	7 7/8 %	05/15/23	165,612	163,172
Trust Preferreds:					
Capital Trust III	06/08/06	7.10%	06/01/46 (A)	120,000	115,830
Adjustment (B)					3,711
Total Long Term Debt					912,919
Total Debt					\$1,113,371

(A) Callable June 2011

(B) Adjustment to gross up debt and invested assets for Junior Subordinated Debentures issued to the trust in accordance with accounting rules.