



FOR IMMEDIATE RELEASE

Ref: 09-06

Contact: Tabitha Zane
Vice President, Investor Relations
919-431-1529

Highwoods Properties Names Dr. David Hartzell to Board of Directors

Announces the Retirement of Kay Callison from the Board after 10 Years of Service

Raleigh, NC – February 3, 2009 – Highwoods Properties, Inc. (NYSE: HIW), the largest owner and operator of suburban office properties in the Southeast, today announced that Dr. David J. Hartzell (53), a Distinguished Professor in Real Estate at the University of North Carolina's Kenan-Flagler Business School, has joined the Company's board of directors effective February 3, 2009, following the retirement of Kay Callison (65).

O.Temple Sloan, Jr., Chairman of the Board of Highwoods Properties, said, "Dave Hartzell's extensive background and expertise in finance and real estate complements the skills and experience of an already strong board. We look forward to the contributions Dave will make to the Company's continuing stability and growth."

At Kenan-Flagler, Hartzell examines issues related to the construction of institutional real estate portfolios, real estate finance and mortgage-backed securities and he teaches courses in real estate and finance. Hartzell is a former vice president at Salomon Brothers Inc. in New York, where his primary focus was on institutional real estate finance and investments. He also worked as a research associate for The Urban Institute and as a financial economist for the U.S. Office of the Comptroller of Currency. He received his PhD from UNC-Chapel Hill and his MA and BS from the University of Delaware.

"On behalf of the entire board, we thank Kay Callison for her outstanding service over the past decade," Sloan said. "She brought an important viewpoint to our board and was a strong representative of all our stakeholders. We will miss her counsel and I know the board joins me in wishing her the very best."

Callison has been a director of Highwoods since its merger with J.C. Nichols Company in July 1998. Callison previously served as a director of J.C. Nichols Company. She is active in many charitable activities in the Kansas City metropolitan area.

About the Company

Highwoods Properties, Inc., a member of the S&P MidCap 400 Index, is a fully integrated, self-administered real estate investment trust ("REIT") that provides leasing, management, development, construction and other customer-related services for its properties and for third parties. At September 30, 2008, the Company owned or had an interest in 383 in-service office, industrial and retail properties encompassing approximately 34.8 million square feet. Highwoods also owned 619 acres of development land. Highwoods is based in Raleigh, North Carolina, and its properties and development land are located in Florida, Georgia, Iowa, Kansas, Missouri, Mississippi, North Carolina, South Carolina, Tennessee and Virginia. For more information about Highwoods Properties, please visit our Web site at www.highwoods.com.

###