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Highwoods Properties Leases 166,000 Square Feet of Industrial Space to Two New Customers in the Triad

Raleigh, NC – March 16, 2009 – Highwoods Properties, Inc. (NYSE: HIW), the largest owner and operator of suburban office properties in the Southeast, today announced that its Triad division has leased 166,000 square feet of industrial space, including 128,000 square feet at Regency I and 38,000 square feet at Regency II, bringing both buildings to 100% occupancy when these leases commence.

Ed Fritsch, President and CEO of Highwoods Properties stated, "We are pleased to welcome two new customers to Highwoods and look forward to long and mutually beneficial relationships with both firms. Also, congratulations to our leasing team in Greensboro for their hard work in attracting these new customers."

About Highwoods Properties

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 December 31, 2008, the Company owned or had an interest in 383 in-service office, industrial and retail properties encompassing approximately 35.3 million square feet. Highwoods also owned 580 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.

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