



**FOR IMMEDIATE RELEASE**

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## Highwoods Properties Announces Tax Treatment of 2009 Dividends

**RALEIGH, NC** – January 19, 2010 – Highwoods Properties, Inc. (NYSE: HIW) today announced the tax treatment of its 2009 dividend payments as follows:

### 2009 Dividend Tax Reporting Information (\$ per share)

#### Common Stock (NYSE- HIW) (CUSIP: 431284108)

Record Date	Payable Date	Total Distribution	Ordinary Dividends	Total Capital Gain Distribution	Unrecaptured Sec.1250 Gain *	Return of Capital
02/16/2009	03/09/2009	0.425000	0.274146	0.149171	0.042483	0.001683
05/18/2009	06/09/2009	0.425000	0.274146	0.149171	0.042483	0.001683
08/17/2009	09/09/2009	0.425000	0.274146	0.149171	0.042483	0.001683
11/16/2009	12/08/2009	0.425000	0.274146	0.149171	0.042483	0.001683
Totals per share		1.700000	1.096584	0.596684	0.169932	0.006732

#### Preferred Series A (Pink - HIW.P) (CUSIP: 431284207)

Record Date	Payable Date	Total Distribution	Ordinary Dividends	Total Capital Gain Distribution	Unrecaptured Sec.1250 Gain *
02/16/2009	03/02/2009	21.562500	13.964177	7.598323	2.163926
05/15/2009	06/01/2009	21.562500	13.964177	7.598323	2.163926
08/17/2009	08/31/2009	21.562500	13.964177	7.598323	2.163926
11/16/2009	11/30/2009	21.562500	13.964177	7.598323	2.163926
Totals per share		86.250000	55.856708	30.393292	8.655704

#### Preferred Series B (NYSE - HIW.B) (CUSIP: 431284306)

Record Date	Payable Date	Total Distribution	Ordinary Dividends	Total Capital Gain Distribution	Unrecaptured Sec.1250 Gain *
03/02/2009	03/16/2009	0.500000	0.323807	0.176193	0.050178
06/01/2009	06/15/2009	0.500000	0.323807	0.176193	0.050178
09/01/2009	09/15/2009	0.500000	0.323807	0.176193	0.050178
12/01/2009	12/15/2009	0.500000	0.323807	0.176193	0.050178
Totals		2.000000	\$ 1.295228	\$ 0.704772	\$ 0.200712

\* Unrecaptured Section 1250 Gain is a subset of, and included in, the total capital gain distribution.

Shareholders are encouraged to consult with their tax advisors as to the tax treatment of the above distributions.

**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, 2009, the Company owned or had an interest in 380 in-service office, industrial and retail properties encompassing approximately 35.4 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, Missouri, Mississippi, North Carolina, South Carolina, Tennessee and Virginia. For more information about Highwoods Properties, please visit our Web site at [www.highwoods.com](http://www.highwoods.com).

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