



FOR IMMEDIATE RELEASE

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Highwoods Declares Quarterly Dividends

RALEIGH, NC – April 28, 2010 – Highwoods Properties (NYSE: HIW) Board of Directors today declared a cash dividend of \$0.425 per share of common stock for the quarter ended March 31, 2010, which equates to an annual dividend of \$1.70 per share and is payable on June 8, 2010 to shareholders of record as of May 20, 2010.

The Board also declared a cash dividend of \$21.5625 per share of Highwoods Properties 8 5/8% Series A Cumulative Redeemable Preferred Stock. The dividend is payable on June 1, 2010, which is the next regularly scheduled dividend payment date, to shareholders of record as of May 17, 2010.

The Board also declared a cash dividend of \$0.50 per share of Highwoods Properties 8% Series B Cumulative Redeemable Preferred Stock. The dividend is payable on June 15, 2010, which is the next regularly scheduled dividend payment date, to shareholders of record as of June 1, 2010.

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 March 31, 2010, the Company owned or had an interest in 378 in-service office, industrial and retail properties encompassing approximately 35.7 million square feet. Highwoods also owned 581 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.

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