



FOR IMMEDIATE RELEASE

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Highwoods Declares Quarterly Dividends

RALEIGH, NC – July 22, 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 June 30, 2010, which equates to an annual dividend of \$1.70 per share and is payable on September 8, 2010 to shareholders of record as of August 16, 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 August 31, 2010, which is the next regularly scheduled dividend payment date, to shareholders of record as of August 16, 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 September 15, 2010, which is the next regularly scheduled dividend payment date, to shareholders of record as of September 1, 2010.

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 June 30, 2010, the Company owned or had an interest in 330 in-service office, industrial and retail properties encompassing approximately 32.0 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, 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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